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Thursday, January 19, 2012
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Many of us like to daydream — usually while at our current job — about other careers. Maybe you have thought about becoming a chef, or a plumber or a pilot.

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CareerBear.com aims to solve this problem. First, you select a career — any of those mentioned above, plus more in the fields of skilled trades, IT, creative arts, business, etc. Then the site provides you not just with quick facts and articles about how to make your move, but also suggests programs and schools in your area.

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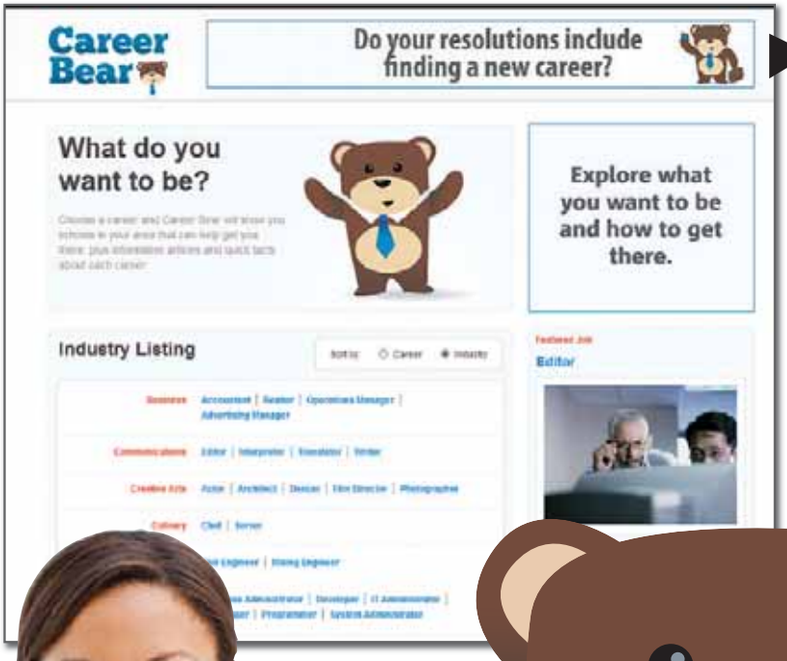
In addition, CareerBear.com automatically detects your location and suggests relevant training opportunities closest to your city.

If you have ever thought about changing careers or want to learn more about a different path, the site is definitely worth checking out.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Industry Listing
Editor

MANY CHOICES

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GET MORE VEGGIES INTO YOUR ROUTINE WITH MUFFULETTA
FOOD {page 24}

BALANCING ACT
BUFFY STAR BACK AFTER TWO YEARS AS STAY-AT-HOME MOM

{page 18}

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SEE TODAY'S HOME RENOVATION SPECIAL PULL-OUT FEATURE

Check out our latest offer on page 20

Gatineau hit with rights complaint

Centre for Research-Action on Race Relations helped Gatineau man file civil-rights complaint over guide for immigrants Group says more Gatineau residents expected to file similar complaints in the coming days

JOE LOFARO
@METRONEWS.CA

A Gatineau man who discovered municipal officials were spying on him last month after he complained about a municipal values guide for immigrants is filing a human rights complaint with Quebec's Human Rights Commission.

Kamal Maghri sent a letter of complaint to the City of Gatineau regarding the 16-point values guide, which makes such recommendations as avoid cooking "smelly" food and refraining from bribing elected officials.

"I was insulted," said Maghri. "I don't want to live in a city that stereotypes immigrants."

He described the guide as "condescending" and very stereotypical.

He alleges he and other immigrants are victims of ethnic discrimination because of the guide's principles, and is asking that it be removed.

"The fact that it's (saying) people from one origin are different and people here are normal — it's something that's against the Constitution," he said.

"My main objective is apologies to all immigrants because I think it was a huge mistake publishing this statement of values."
KAMAL MAGHRI

His initial complaint prompted officials to share information on Maghri's financial and residential history via email, which he was accidentally copied on by a city staffer.

Gatineau mayor Marc Bureau publicly apologized to Maghri, but Maghri said he didn't feel the apology was genuine.

Bride. Bliss

▶ From left: David's Bridal vice-president Craig Debenham, local store manager Julie Demole, Ward 18 Coun. Peter Hume, Ottawa Mayor Jim Watson, and brides Rebecca and Valerie pose for a photo at the opening of the new David's Bridal store in the Ottawa Train Yards Shopping District.

MARK COOPER PHOTOGRAPHY/FOR METRO

Full bridal party on hand to open U.S.-based gown retailer

David's Bridal opened its second Canadian location in Ottawa on Wednesday. The 8,000-square-foot store houses gowns that range in price from $299 to $1,600, including some from designer lines by Vera Wang, Oleg Cassini and Galina Signature. The U.S. chain opened its first Canadian location in Toronto.

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WAS ~~$484,105~~ NOW $452,290
Move In April 26, 2012

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WAS ~~$342,348~~ NOW $328,390
Move In May 24, 2012

HARDWOOD IN DINING ROOM, KITCHEN & FAMILY ROOM!
Double Car Garage Home,
The Ferncliffe, Elev. 'A', 2,030 Sq.Ft.
WAS ~~$394,159~~ NOW $374,490
Move In May 10, 2012

INCLUDES BATH OASIS!
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The Birchgrove, Elev. 'C', 1,490 Sq.Ft.
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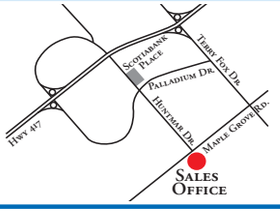

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All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.

Ottawa prof darkens blog to protest U.S. Internet piracy law

Internet guru and University of Ottawa law professor Michael Geist followed in Wikipedia's and Reddit's footsteps Wednesday by blacking out his blog in protest of the U.S. Stop Online Piracy Act (SOPA).

The bill could see websites blocked over copyright infringement complaints, regardless of where it is based.

Geist's blog returned to normal at 8 p.m. Wednesday, but his fear of the effects SOPA and the Protect IP Act (PIPA) will have on Canadians lingers.

"SOPA and PIPA will have a real impact on Canada," said Geist, who also holds the Canada research chair of Internet and e-commerce law. "Where there's a Canadian site that someone in the U.S. believes is infringing, they could go to a U.S. court and order that ISPs block access to it."

Websites would have to start policing their pages for any content that may be deemed infringing. For sites built on user-generated content, such as YouTube and Wikipedia, it would be nearly impossible, he said.

"This is not about people who are pro-piracy or anything like that. It's people who care deeply about the Internet who recognize how important it is," he said. JOE LOFARO

JOE LOFARO/METRO

▶ Manon Roy Campbell, left, and her daughter Hélène will travel on Thursday to Toronto, where Hélène will await a lung transplant.

Sick Barrhaven girl asking for some Twitter love from Bieber

▶ Young woman is moving to Toronto to wait for a lung transplant
▶ Hoping Biebs will help raise awareness of need for organ donation

JOE LOFARO
@METRONEWS.CA

A 20-year-old Barrhaven woman in need of a lung transplant is hoping a Twitter appeal to Justin Bieber on Thursday will spread word about the need for organ donation.

Wednesday was Hélène Campbell's last day in Ottawa before moving to Toronto to get her name on a waiting list for a new pair of lungs.

She has idiopathic pulmonary fibrosis, and needs to have an oxygen tank at her side to do the simplest task.

The trip to Toronto with her mother, Manon Roy Campbell, will be an anxious one since her close friends have organized an organ-donor-awareness campaign on Twitter and are hoping Bieber will promote it.

From 8 a.m. to 6 p.m., Campbell is asking all Twitter users to tweet to the Canadian pop star (@justinbieber) with the hashtag #BeAnOrganDonor and beadonor.ca.

"I would hope that Justin Bieber would do a retweet or even just tweet something himself," she said. "Even if people get talking about it at the dinner table, then they'll look it up and register because it's super simple to do."

Bieber has more than 16 million followers, so a shout-out from him would mean the world to Campbell.

Her condition has worsened over the past month. She said she feels like a 90-year-old woman right now, but you wouldn't notice that by talking to her over the telephone. Her sense of humour and positive outlook make the illness appear to be a non-issue.

Her mother has to help her get dressed, and dining at restaurants with her family has become a luxury. Last night's family dinner at The Works was a special one for Campbell.

She could spend up to two years in Toronto waiting for a transplant. After the operation, she'll have to wait at least three to six months before coming back to Ottawa.

"Who knows — by then, I might be a converted Leafs fan … not," she said, laughing and coughing. "That's the only thing that's daunting is the terrible hockey team that's out there. Everything else is not so bad."

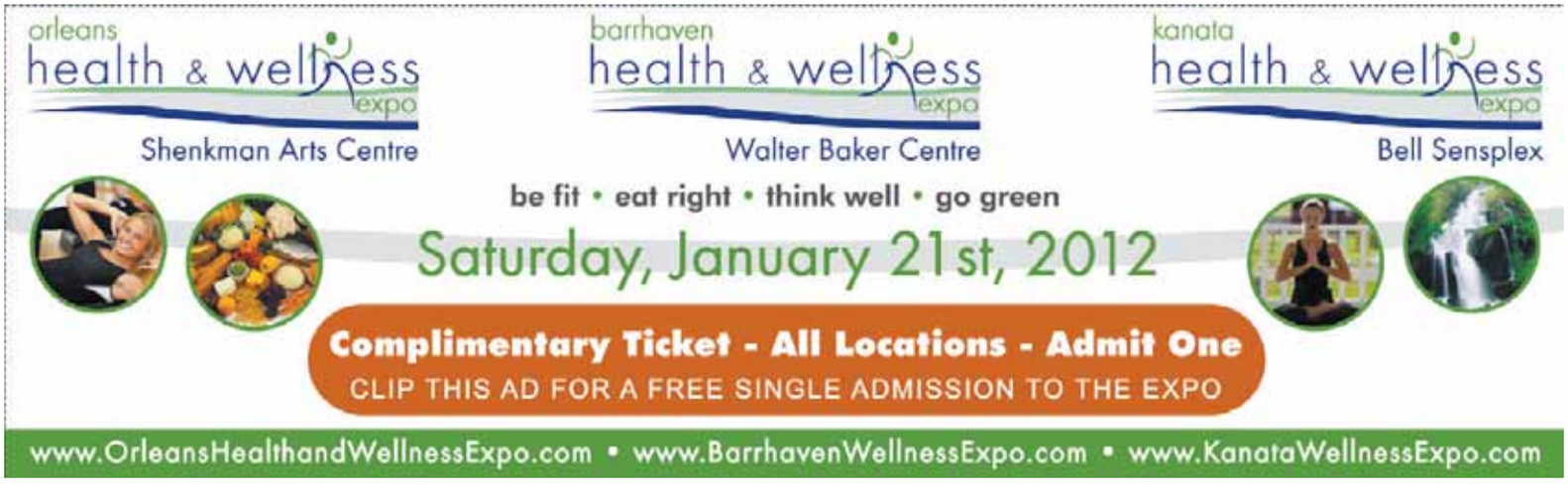
1 news

More smartphones are wielding video call technology, and it turns out a lot of us hate it. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Investment advisor Allan Small has a few questions investors should ask about the state of the market in 2012. More at metronews.ca/investing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MISSED DEADLINES

OC Transpo plan under wraps

Transit Commission Chair Diane Deans delayed the release of OC Transpo's business plan yesterday but isn't saying why it wasn't ready for the public to see.

The business plan, which lays out OC Transpo's 2012 goals and strategies, was scheduled to be made public yesterday and debated by councillors on Jan. 29. Instead, Deans said she was dissatisfied about its "state of readiness" and will call a special meeting to table the document next week. "I received it only yesterday and it seemed more like a draft than a final version to me," she said.

A preliminary report on the cost of the expanding O-Train service was also expected yesterday, but Coun. Steve Desroches said he did not have enough time to comment on the report, said Deans. JESSICA SMITH

OC Transpo prepped to reneg on open data

JESSICA SMITH/METRO

▶ OC Transpo riders like Susan Birbeck, seen using her BlackBerry at the Slater Street stop on Wednesday, won't be getting a BlackBerry app from OC Transpo any time soon.

Ad revenue could be earned with a city-owned bus-locater app: Staff

JESSICA SMITH
@METRONEWS.CA

Ottawa's Transit Commission will consider reneging on a promise to make real-time bus-location data available to the public and app developers, councillors and staffers said Wednesday.

Instead, the city is working on its own app to tell riders when their buses will arrive based on the real-time location data.

A few councillors, including Marianne Wilkinson, said they were opposed to keeping the data from the public, and defended a city policy that supports open-data principles.

"I wouldn't want us stuck in an old-fashioned model where we control everything, because that's not what we want to do with open data," Wilkinson said.

However, there is also the advertising revenue, estimated at $1.1 million, to consider, said Transit Commission chair Diane Deans. Transit staff will release how much in-app ads are worth this summer after a procurement process for a new advertising contract is completed, said general manager Alain Mercier.

"It should be up to the (transit) commission to decide — do we prefer the revenue or do we prefer the data streams to be available to the public?" Mercier said.

Mercier said another concern is that independent developers might not be able to give riders accurate information based on the raw data, so it would cost the city to educate developers.

"You don't have to educate the app people," countered Wilkinson. "If they make mistakes, people will stop using those apps, and will use yours and you'll get your revenue.,"

City staff cited problems with apps that sprung up more than a year ago when the city briefly released bus location data — but Coun. Wilkinson pointed out that the problems arose because the city's on-board GPS wasn't accurate and OC Transpo then pulled the data from the public domain.

BlackBerry transit app last in line: City

OC Transpo's iPhone app will be ready in about a month and an Android App is expected a few months later — but there are challenges with a BlackBerry app, according to Ottawa city staff.

Coun. Stephen Blais asked staff why they decided to develop a BlackBerry app last out of the major smartphone platforms — since many civil servants with a government-issued BlackBerry ride the bus.

They also have a tougher time using OC Transpo's mobile website than other smartphone users, according to Blais, who said, "The BlackBerry browser sucks, so the BlackBerry needs an app."

City technology manager Robert Delage said the city will have to speak to all the federal government departments because each manages their IT policy differently.

Delage said developing for the BlackBerry is also more difficult because the different models require different apps.

"I don't understand these excuses," said Blais. "I really don't."

Blais said he would be concerned there would be a delay, but city staff assured him that everything is on track to release an app for selected BlackBerry models by mid-summer. JESSICA SMITH

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Wife of sex killer denies claim by one of his victims

'Nothing untoward or suspicious' about transfer of assets, estranged wife of Russell Williams says

The wife of convicted sex killer Russell Williams is disputing claims made against her by one of her estranged husband's surviving victims.

Laurie Massicotte, who was sexually assaulted by the former colonel, has launched a $7-million lawsuit against Williams, his wife and the Ontario Provincial Police.

Massicotte alleges in her statement of claim that Williams fraudulently transferred assets to his wife after he was criminally charged.

In her statement of defence, Williams's wife denies there was any intention to defeat the claims of any creditors of her husband.

It also says there was "nothing untoward or suspicious" about the transfer of assets and that there are no grounds to believe she would dispose of the assets.

Williams was a rising star in the military and commander at Canadian Forces Base Trenton before being sentenced to life in prison for the murders of two women, two sexual assaults and dozens of fetish break-ins. THE CANADIAN PRESS

Another lawsuit

- Another of Russell Williams's victims, whose name cannot be disclosed under a publication ban, has filed a $2.45-million suit against him and his wife.

That. Ices it

▶ A woman bundled up for the cold weather is framed by icicles hanging from the branches of a tree in Vancouver on Wednesday.

DARRYL DYCK/THE CANADIAN PRESS

Vancouver gets the cold shoulder

Chilly weather has enveloped British Columbia's lower mainland, with Vancouverites dealing with temperatures 10 degrees below normal.

Borrow a sex worker, firefighter or refugee at 'human library' event

The Ottawa Public Library will be lending out a stripper, a sex worker and a bus driver later this month.

It's part of the "human library" event being held in partnership with the Canadian War Museum on Jan. 28.

The library says human libraries provide an exciting opportunity for the public to connect one-on-one with individuals who have diverse life experiences, stories and knowledge.

The event will allow people to check out any one of 60 different human books for a 20-iminute conversation.

The list of human books also includes an urban aboriginal, a person with bipolar disorder, a firefighter, a radio host, a Somali refugee, a judge and a pediatric neurosurgeon.

The human library will be held at five libraries and the Canadian War Museum. THE CANADIAN PRESS

News in brief

Cancer: First, the good news

DISEASE. More Canadians are being diagnosed with cancer due in part to the aging population, but more are surviving the disease over time, a new Statistics Canada study has found.

But StatsCan senior analyst Kathryn Wilkins called it a "good news story": People are living longer with cancer, so obviously it's more prevalent."

THE CANADIAN PRESS

This panel has red tape taped

PAPERWORK. Bring in a new regulation, get rid of an old one.

That's the way to cut red tape, says the government's red-tape-reduction commission.

It's proposal: "Every time the government proposes a new regulation, it must eliminate an existing one."

Paperwork caused by government regulations is said to cost businesses more than $30 billion a year.

THE CANADIAN PRESS

Porn industry in condom war

WITHDRAWAL. Porn moviemakers say they'll pack up their sex toys and abandon Los Angeles if officials order every actor to wear a condom.

City council voted for a law that would deny permits to producers who do not comply.

THE ASSOCIATED PRESS

He died for his violin

Hungarian musician went back to his cabin to get it after disaster hit cruise liner, his co-worker says

DIGITALGLOBE/THE ASSOCIATED PRESS

▶ A satellite image provided Wednesday by DigitalGlobe shows the Costa Concordia lying on its side off Giglio.

A Hungarian musician died in the Costa Concordia cruise-ship disaster because he tried to retrieve his beloved violin from his cabin.

Violinist Sandor Feher, 38, had been working as an entertainer on the ill-fated liner, which slammed into a reef off the tiny Italian island of Giglio.

Jozsef Balog, a pianist working with Feher, said Feher was wearing a lifejacket when he decided to return to his cabin to get his violin.

Before that, Balog said, Feher helped put lifejackets on several crying children.

He was last seen on deck en route to the area where he was supposed to board a lifeboat.

Feher's body was found inside the wreck and identified by his mother, according to Hungary's foreign ministry.

The $450-million Costa Concordia was carrying more than 4,200 passengers and crew when disaster struck.

The death toll stands at 11, but 21 people are still unaccounted for.

Rescue workers suspended operations Wednesday after the cruise ship shifted slightly on the rocks near the Tuscan coast, creating deep concerns for the safety of divers and firefighters searching for the missing.

THE ASSOCIATED PRESS

Captain tripped?

- Francesco Schettino, the captain of the ill-fated ship, was quoted as saying Wednesday that he tripped and fell into the water from the listing vessel and never intended to abandon his passengers.
- He was placed under house arrest Tuesday, facing possible charges of manslaughter, causing a shipwreck and abandoning his ship.

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The day the web got a black eye

Websites go dark in support of Wikipedia's protest
U.S. legislation called threat to freedom on the web

Jan. 18 is a date that will live in ignorance. Wikipedia was black.

The online encyclopedia launched a 24-hour blackout of its English-language articles in a protest against pending U.S. legislation aimed at shutting down sites that share pirated movies and other content.

Other sites joined in:

Reddit.com shut down its social news service for 12 hours.

Google blacked out the logo on its home page, directing surfers to a page where they could add their names to a petition against the bills.

Craigslist changed its local home pages to a black screen directing users to an anti-legislation page.

ERIC RISBERG/THE ASSOCIATED PRESS

▶ A blacked-out page is displayed in Wikipedia's San Francisco "war room."

After 10 seconds, a link to the main site appeared on the home page, but some surfers missed that and were fooled into thinking the whole site was blacked out.

The Internet companies were protesting over the Stop Online Piracy Act in the U.S. House and the Protect Intellectual Property Act under consideration in the Senate.

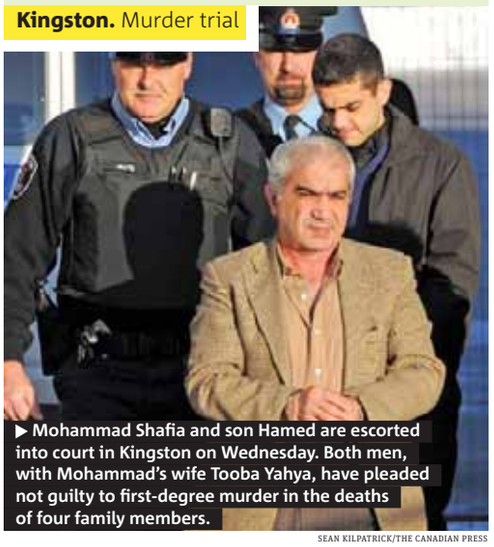
If passed, the bills could be used to target legitimate sites where users share content.

Wikipedia's decision was reached after polling its community of contributors.

But dissenters say political advocacy undermines the site's mission as a neutral source.

THE ASSOCIATED PRESS

Kingston. Murder trial



▶ Mohammad Shafia and son Hamed are escorted into court in Kingston on Wednesday. Both men, with Mohammad's wife Tooba Yahya, have pleaded not guilty to first-degree murder in the deaths of four family members.

SEAN KILPATRICK/THE CANADIAN PRESS

A curse or just a cuss?

The so-called honour-killing trial on Wednesday got a lesson ... in swearing. Mohammad Shafia, accused of killing his daughters, was caught on police wiretaps saying: "May the devil (defecate) on their graves." But linguistic expert Nabi Misdaq testified that the expression in the Dari language is comparable in English to "To hell with them."

General: We know how to keep a secret

Canada's top military commander is trying to scrub away the tarnish created by a spy case involving a naval intelligence officer.

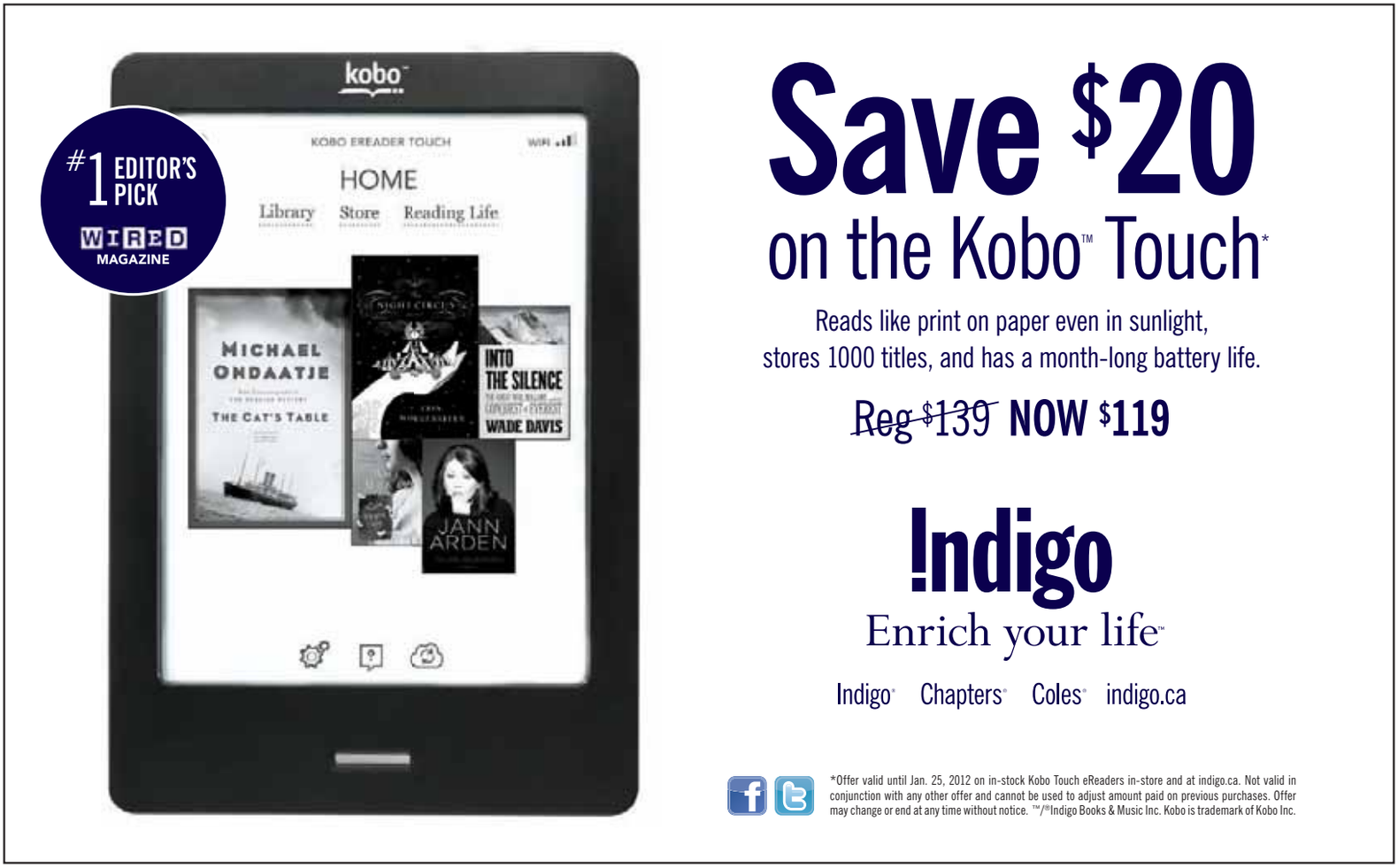
Gen. Walt Natynczyk says everyone handling secrets is required to observe stringent procedures and conduct themselves ethically.

Sub-Lt. Jeffrey Paul Delisle is charged with communicating information to a foreign entity without authorization.

THE CANADIAN PRESS

MacKay mum

▶ It has been suggested that Sub.-Lt. Jeffrey Delisle was spying for Russia — something Defence Minister Peter MacKay refuses to confirm or deny.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SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

▶ Copies of My Father, Kim Jong-il and Me, by Tokyo-based journalist Yoji Gomi, are sold at a bookstore in Tokyo on Wednesday.

Kim's eldest son fears N. Korea collapse

Journalist uses email exchanges with Kim Jong-nam for new book

A new book claims that the eldest son of North Korea's late leader Kim Jong-il believes the impoverished regime is in danger of collapse and that his young half-brother, chosen to lead after Kim's death, is merely a figurehead.

The book by Tokyo-based journalist Yoji Gomi went on sale Wednesday.

He says it's based primarily on email exchanges he had with Kim Jong-nam over many years.

The book, titled My Father, Kim Jong-il and Me, drew immediate attention as a rare view into the family that has led the secretive country for decades — though Kim Jong-nam is thought to be estranged from his family and the workings of government.

Since Kim Jong-il's death Dec. 17, North Korea has been led by his youngest son, Kim Jong-un. THE ASSOCIATED PRESS

Russia vows to block the West from entering Syria

Syria's powerful allies in Russia vowed Wednesday to block any Western attempts to intervene militarily in Syria as Damascus fights off an increasingly chaotic 10-month-old revolt against President Bashar Assad.

The support came as Assad was showing fresh confidence that he can ride out the uprising with the help of a small — but influential — set of friends in Russia, China and Iran.

Iran also gave Syria another boost Wednesday. According to Iran's semi-official ISNA news agency, the commander of Iran's Quds Force, Brig. Gen. Qasem Soleimani, said Assad's government enjoys public support and won't collapse.

Assad, a 46-year-old authoritarian leader who inherited power from his father in 2000, made two public appearances last week, where he vowed to strike back with an "iron hand" against the "conspiracy" behind the uprising. THE ASSOCIATED PRESS

No retreat

▶ **Military crackdown.** Protesters show no sign of retreat despite the brutal military crackdown that the UN says has killed more than 5,400 people since March.

Slow famine response has 'cost lives': Agencies

Thousands of people died needlessly and millions of dollars were wasted because the international community did not respond fast enough to early signs of famine in East Africa, aid agencies said Wednesday, while warning of a new hunger crisis in West Africa.

Most rich donor nations waited until the crisis in the Horn of Africa was in full swing before donating a substantial amount of money, according to the report by aid groups Oxfam and Save the Children. A food shortage had been predicted as early as August 2010, but most donors did not respond until famine was declared in parts of Somalia in July 2011. THE ASSOCIATED PRESS

News in brief

Remove Occupy London: Court

The Occupy London protest camp that has sprawled outside the city's St. Paul's Cathedral for three months must be removed, a British judge ruled Wednesday.

High Court Judge Keith Lindblom backed local authorities who are trying to evict the protest against capitalist excess, inspired by New York's Occupy Wall Street movement. THE ASSOCIATED PRESS

Monkey-pet ban proposed

A British lawmaker is working to impose a ban on keeping monkeys as pets. THE ASSOCIATED PRESS

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News in brief

MPs' pensions challenged

TAXPAYERS. The Canadian Taxpayers Federation is again urging MPs to scrap their lucrative pension plan in favour of a more modest system.

The federation says MPs are beneficiaries of the best-funded plan in the world, with taxpayers footing most of the bill.

The group says it's time for MPs to set up a new program in which government matches their payments on a dollar-for-dollar basis.

Now, the federation says, taxpayers kick in $23.30 for every $1 an MP contributes.

And MPs only need to put in six years service to qualify and can start collecting at age 55.

THE CANADIAN PRESS

Emissions from hydro may be higher: Study

GLOBAL FOREST WATCH. A study by an environmental group suggests the federal government may be underestimating greenhouse-gas emissions from hydro developments by a factor of 20.

The report concludes that while hydro electricity releases much less carbon than power generated by fossil fuels, emerging research suggests the difference isn't as great as previously thought.

"The Canadian government ends up with one number and everybody assumes that must be the correct number," said organization spokesman Peter Lee. "Instead, there's a range of other possible, much higher emissions based on the science." THE CANADIAN PRESS

Canadian seeks life over death

Ronald Smith is the only Canadian on death row in the U.S.

BILL GRAVELAND/THE CANADIAN PRESS

▶ Ronald Smith, the only Canadian on death row in the United States, is shown in this June 30, 2008, photo.

Lawyers for Ronald Smith concede their client committed a "terrible offence" when he murdered two young Montana men 30 years ago, but say he doesn't deserve to die.

Smith's clemency application says he is a changed man who suffered through an abusive childhood.

Smith's lawyers filed the necessary papers asking for his sentence to be changed to life without parole Wednesday with the Montana Board of Pardons and Parole in Deer Lodge, Mont.

Smith, 54, has exhausted all other appeals.

"In the face of the harsh circumstances of being locked down in virtual isolation for 28 years, he has nonetheless made a genuine attempt to live a life that exhibits remorse, rehabilitation, a changed heart and mind and a potential for good," reads the document prepared by lawyers Greg Jackson and Don Vernay.

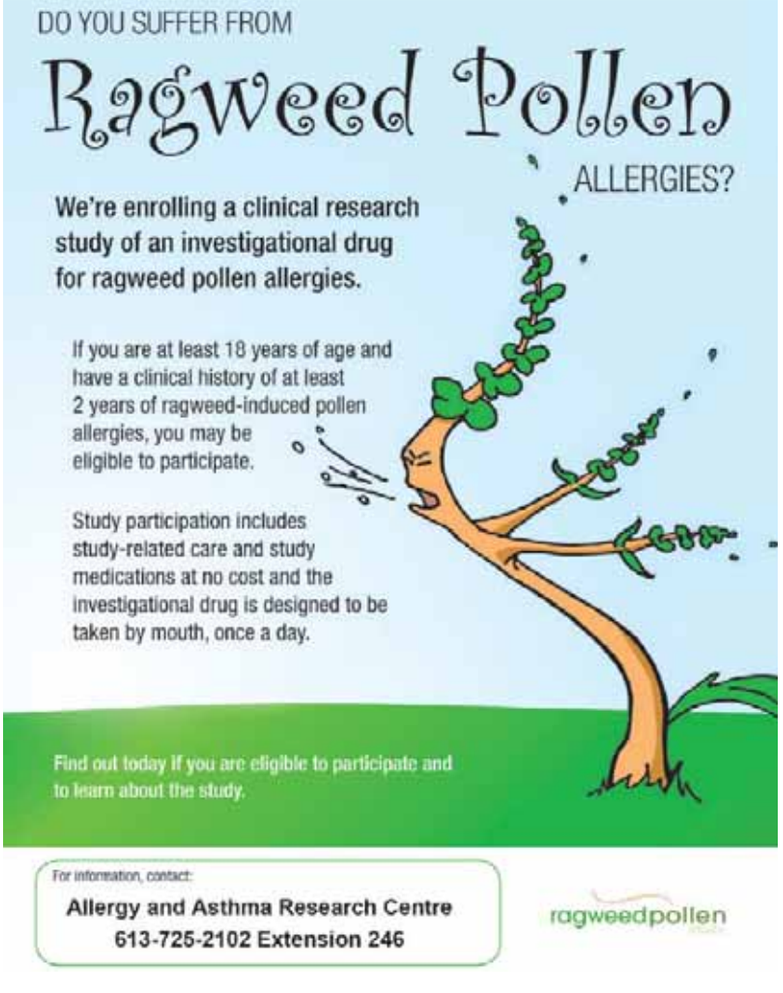
The application is supported by a letter from the Canadian government.

"The government of Canada does not sympathize with violent crime and this letter should not be construed as reflecting a judgment on Mr. Smith's conduct," says the Dec. 5 letter from Foreign Affairs Minister John Baird. It asks he be granted clemency on humanitarian grounds.

Stephen Harper's government initially balked at supporting Smith's bid, saying he had been convicted in a democratic country. But the Federal Court forced the government to act on Smith's behalf.

Smith, originally from Red Deer, Alta., pleaded guilty to two charges of deliberate homicide and two charges of aggravated kidnapping in February 1983 and requested the death penalty. He rejected a plea deal offered by prosecutors which would have given him life in prison.

He later changed his mind and asked the District Court to reconsider the death penalty. That led to three decades of legal wrangling. THE CANADIAN PRESS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▶ The province will pay for counselling, nicotine gum and patches for addicts undergoing treatment.

Helping Ontarians butt out

Among those in addiction-treatment programs, more die from tobacco-related disease than from all other causes combined: Minister

Ontario will spend $4.5 million over the next three years to help nearly 23,000 smokers in addiction-treatment programs quit.

The province will pay for counselling and a five-week course of over-the-counter nicotine gum and patches for addicts undergoing treatment, Health Minister Deb Matthews said Wednesday.

About 60,000 addicts are currently seeking treatment in Ontario, and 38 per cent of them smoke — about twice the rate of the general public, she said.

"The people who are still smoking are having the most difficult time quitting," she said.

THE CANADIAN PRESS

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Court hears landmark common-law case

The Supreme Court of Canada is examining a landmark Quebec case that could affect spousal benefits for common-law couples in the province.

Lawyers for the Quebec government are arguing today that the province gives couples the right to settle their own affairs.

The case began several years ago when a wealthy Quebec businessman argued he shouldn't have to pay alimony to his ex-partner because they had never been married.

In an earlier ruling, a lower court decided that the man — who was given the name Eric — would not have to pay alimony to the woman identified as Lola.

The couple had children and lived together for seven years. That court decision was overturned when the Quebec Court of Appeal ruled in Lola's favour.

Lola was seeking a monthly payment of $56,000 for herself, a share of the family estate and a lump-sum payment of $50 million. THE CANADIAN PRESS

Quebec laws

▶ Despite the fact that one-third of all Quebec couples are unmarried, it remains the only province that does not recognize common-law unions.

NATHAN DENETTE/THE CANADIAN PRESS

▶ The Tragically Hip

Hometown to honour The Hip

The Tragically Hip's hometown is looking for a way to fully honour the 12-time Juno-winning rock band.

Residents of Kingston, Ont., have been invited to submit feedback online until Jan. 20.

A brainstorming session was also scheduled for city hall on Wednesday evening, with the mayor, members of council and city staff expected to attend.

THE CANADIAN PRESS

News in brief

NDP candidates face off

The eight candidates vying to replace Jack Layton as the leader of the New Democrats face off in a debate in Toronto tonight. It's one of several debates in the run-up to the March 24 vote.

THE CANADIAN PRESS

Military units head north

They were Canada's armoured workhorses in Afghanistan, and now the military is taking its LAVs to the snowy tundra. A military exercise next month in the Western Arctic will mark the first time in more than a generation that mechanized units will operate in the North. THE CANADIAN PRESS

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IMF seeking up to $500B to help ease crisis

RICHARD DREW/THE ASSOCIATED PRESS)

▶ Traders like this one in New York City are weighing signs that Germany could slide into a recession against reports that the International Monetary Fund could get more cash to help countries struggling with debts.

The International Monetary Fund said Wednesday it's aiming to increase its financial firepower by around $500 billion so it can issue new loans to help ease a worsening financial crisis.

Responding to speculation surrounding its funding requirements, the Washington-based institution said its staff estimates that countries around the world will need about $1 trillion in loans in the coming years. Thanks to about $200 billion that European countries have promised the IMF, it's more than one-third of the way to its fundraising goal.

The IMF has put up about a third of the financing of the eurozone's bailouts over the past two years. But there are growing worries that non-European countries will also need more help because of the worsening economic outlook.

THE ASSOCIATED PRESS

CANADIAN ECONOMY

Eurozone troubles affecting Canada: BoC

The Bank of Canada called Europe the biggest threat to Canada's economy Wednesday, estimating the loss in output this year will be about $10 billion.

It said the costs to the world are even greater, at more than one per cent of global gross domestic product and 0.8 per cent of GDP for the U.S.

Bank governor Mark Carney said his estimate — which works out to 0.6 per cent of Canadian GDP — only represents the bill from Europe's current recession and will be much steeper if the continent is unable to contain its ongoing debt crisis. THE CANADIAN PRESS

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U.S. rejects proposed Keystone pipeline

State Department says decision hinged on lack of time for proper assessments ◗ Republican presidential hopefuls slam announcement

EVAN VUCCI/THE ASSOCIATED PRESS

▶ Demonstrators march with a replica of a pipeline during a protest against the Keystone XL pipeline outside the White House on Nov. 6 in Washington.

Trapped by an untenable Feb. 21 deadline imposed by Congress, U.S. President Barack Obama rejected TransCanada's proposed $7-billion Keystone XL pipeline on Wednesday in a decision his Canadian counterpart greeted with "profound disappointment."

J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

▶ House of Representatives Speaker John Boehner, centre, at a news conference in Washington on Wednesday, discusses the decision to halt the Keystone XL pipeline.

Obama called Prime Minister Stephen Harper on Wednesday to break the news, but also to point out that TransCanada was free to submit an amended application — one that would reroute the Alberta-to-Texas pipeline around an environmentally sensitive aquifer in Nebraska.

"The president explained that the decision was not a decision on the merits of the project and that it was without prejudice, meaning that TransCanada is free to re-apply," Harper spokesman Andrew MacDougall said.

"Prime Minister Harper expressed his profound disappointment with the news. He indicated to President Obama that he hoped that this project would continue given the significant contribution it would make to jobs and economic growth both in Canada and the United States of America."

Indeed, Keystone XL is likely more delayed than dead: the move essentially allows the White House to take back control of the approval process after Republican lawmakers attempted to force Obama into greenlighting the politically charged project in late December.

TransCanada was not surprised by the announcement.

"This outcome is one of the scenarios we anticipated," company CEO Russ Girling said in a statement.

"While we are disappointed, TransCanada remains fully committed to the construction of Keystone XL.... We will re-apply for a presidential permit and expect a new application would be processed in an expedited manner to allow for an in-service date of late 2014."

THE CANADIAN PRESS

Market moment

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Nortel execs knowingly falsified records: Crown

The three former Nortel Networks Corp. executives on trial for fraud knowingly manipulated the now insolvent company's books to reap nearly $13 million in cash and stock bonuses, the Crown alleged Wednesday.

Lead prosecutor Robert Hubbard has said that former Nortel chief executive Frank Dunn, finance chief Douglas Beatty and controller Michael Gollogly falsified Nortel's financial statements to show a return to profitability in 2003, even though the company was still in the red.

The three men have pleaded not guilty to the charges and none of the Crown's allegations have been proven in court. The defence opening arguments begin on Thursday, the fourth day of what is expected to be a six-month trial.

THE CANADIAN PRESS

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THURSDAY, JANUARY 19, 2012

HOME RENOVATIONS

HEMERA/THINKSTOCK

Draft a plan to colour your world

Three projects to spruce up your home during the winter • Have a clear and concise idea of what you want

YLVA VAN BUUREN
FOR METRO

Winter is a great time to not only hibernate, but to work on easy reno projects inside the house. Here are three items to focus on this season.

1 Colour Your World: Painting a room or an entire floor is an easy and relatively inexpensive way to update the look and feel of your home. Use the same colour or change the colour scheme completely, says Home Depot spokesperson Moss Brookfield. "When choosing colours, remember that you don't get a true reflection of colour at the store."

Take colour samples home and tape them to your wall — then watch the progression of natural light on that colour. Some stores sell small quantities of tinted paint so you can test the colour on the wall that way, too.

2 Stop Drafts: When it's cold outside, it's easy to find drafts in your home — and seal them to reduce air leakage. To identify problem areas, put your hand up to windows, doors and corners where walls meet the ceiling or floors. Also, check the basement and attic around recessed lighting and plumbing pipes for example, says Ken Ruest, senior researcher at Canada Mortgage and Housing Corp., Ottawa. Then use a caulking gun or a foam sealer to seal them. Also, change weather stripping around doors.

3 Plan Ahead: Larger renovation projects such as a second bathroom or a home entertainment centre in the basement need to be thought out and planned — and you have the time now. Talk to home renovation specialists, and if you intend to do any of the work yourself, take seminars and research the best methods. Find out what city permits you need, too, and, says Brookfield, "When you start, you should have a good, clear, concise idea of what you want and what your budget is."

For more information, CMHC provides lots of renovation guidance at cmhc.ca/en/co/renoho/.

Trends

- **Heated floors** in both the kitchen and bathroom, says Jeff Bain, chairman of the Greater Vancouver Home Builders Association Renovation Council.
- **User-friendly drawers** rather than cabinets in the kitchen.
- **More light** (by knocking out walls in the kitchen, for example).

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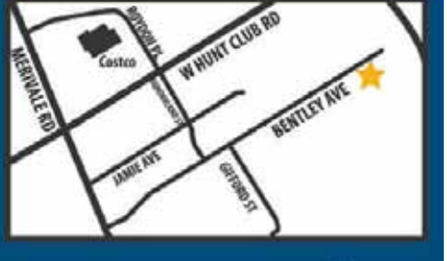

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Pros and Cons

Of a do-it-yourself project versus hiring a professional contractor

TERESA CHIYKOWSKI
FOR METRO

OK, so you have decided to go for it — do your own home renovation. After all, how hard can it be? You have seen the television shows that make home improvements look easy, but you have probably seen some real-world DIY disasters, too.

If you are thinking about joining the ranks of the DIYer, but aren't quite convinced, here are some pros and cons to consider:

THE PROS

Cost savings
You are the free labour, so right there you save big dollars. Charlie T., an Ottawa resident and an experienced DIYer, estimates that he saved more than 50 per cent on his recent bathroom renovation. The savings can be even higher if you know where to get the deals on materials.

Control
You call the shots on timing, materials and completion date. As a DIYer, you schedule when your project starts and when it finishes — no waiting for contractors. You also have the final say on which materials to choose.

Accomplishment
Let's not forget the sense of pride of a project well done. You can't put a price tag on that. Show off your work to friends and family and before you know it, you will be in the home renovation business.

THE CONS

Cost
If you want to do a professional job, you need to invest in good quality tools and materials — and that can be expensive. You might be able to borrow tools from friends and neighbours, but, eventually, you will want your own.

Time
If you are a one-person DIY show, be prepared to have your project spread over a number of weeks — especially if you are a first-timer with a day job. This extended schedule can be extremely disruptive and stressful to your household.

Unwelcome surprises
Fact: Success isn't guaranteed. If you are new to the DIY game, you are probably going to make a mistake or two, and fixing these can prove costly, particularly if you have to hire someone to make it right.

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Debbie Wilson, Larlyn Property Management, RCM, ACCI

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Your guide to design decisions

TERESA CHIYKOWSKI
FOR METRO

Planning a home renovation? Whether your plans include a full kitchen reno or a few small but tasteful upgrades to your bathroom, you will want to consider some of the latest trends. The design decisions you make will most likely be with you for years to come.

Here's the 411 on some of the latest trends. You might also want to check out the upcoming Home Renovations Show that begins Friday at Lansdowne Park.

"The Home Renovations Show takes place at the Exhibition Hall at Lansdowne Park Friday from noon to 9 p.m., Saturday from 10 a.m. to 6 p.m., and Sunday from 10 a.m. to 5 p.m. Admission is $10 for adults and free for those 17 and younger."

What's cooking in the kitchen?

StyleatHome.com polled some of Canada's leading style experts to get the scoop on 2012 kitchen design trends. For Céline Pitre, principal at Céline Pitre Interiors, the coming year will be about reflecting Canadians' more casual and collaborative method of living, preparing, cooking, eating and entertaining. Pitre explains, "Integrated appliances like drawer-style fridges, and fridges, ovens, microwaves and dishwashers fronted to match the cabinetry, all give a much cleaner look to the kitchen."

Creating comfort zones

According to Giuseppe Castrucci of Laurysen Kitchens, this year's trend is all about upgrades and amenities. Comfort, pampering and luxury are in. "Baby boomers might be downsizing," says, Castrucci, "but they're definitely going high end in terms of the amenities. We're seeing an increase in everything from heated towel bars and radiant heated floors to customized, space-saving built-ins such as laundry hampers and makeup tables." He adds that this trend is similar for gen-Xers, who are opting to buy and enjoy the best of the best now, rather than waiting until later in life.

Colours according to Debbie Travis

What are the hot colours for 2012? According to interior decorating maven Debbie Travis, the 2012 colour palette is comprised of rich hues of fuchsia, grape, aquatic teal, and chartreuse, combined with white, black, taupe and sea foam blue. These colours are inspired by exotic florals, marine life, volcanic stones, shells and fossilized remains. They can be captured in the home in any form, from paint and wallpapers, to fabrics, accessories and art.

JUPITERIMAGES/CREATAS/THINKSTOCK

Make your reno dollars Grow

PAULINE ANDERSON
FOR METRO

Financing can be the first major hurdle in any home improvement project. To give you a head start, David Terry, associate VP, TD Waterhouse Financial Planning, has these useful tips:

Don't use credit cards: "There's the old saying, don't buy it if you can't pay for it," says Terry. "Credit cards are great vehicles for cash management, but they're not great vehicles for borrowing."

Interest rates: If borrowing is unavoidable, get as low an interest rate as possible. Check into getting a line of credit secured by your home.

"That's going to bring the interest rate down compared to an unsecured line of credit," says Terry. Being able to obtain a secured line of credit will depend on factors such as your previous payment history and your "credit worthiness" based on your relationship with your bank, he says.

Save: If you can, save up for the renovation, and "stage this out with a clear goal," says Terry.

Get advice: Whether you are saving or borrowing, talk to a professional in the financial services industry who can give you the best advice and suggest the best "vehicle," says Terry. For example, if you want to save up for an addition to your house, the adviser could help determine a workable " time horizon," and might recommend an automatic monthly contribution, a sort of "set it and forget it" type of approach, says Terry.

Accounts: Decide along with your adviser which type of savings account — tax free or high interest — is best for you.

Investigate rebates: "If your renovation involves replacing a hot water heater or a furnace or other high-energy consuming products, there may be some rebates available there," says Terry. Talk to your local utility companies for more information.

Savings

If you are saving for a major renovation, a tax-free savings account may be your best bet. The interest you gain is tax free, as is the amount you withdraw. Adults can deposit $5,000 annually into such an account. But the costs and benefits of a high-interest savings account may make it a wiser choice.

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Avoid pitfalls of of home projects

PAULINE ANDERSON
FOR METRO

You have heard the horror stories — the basement renovation that tripled in cost, the contractor who skipped out on the job, the insulation that was left out of the main floor extension.

Whether you are redoing your kitchen or putting new siding on your house, make the change as problem-free as possible by following these tips from Richard Felton, owner of Homeservice Club of Canada.

- Begin with a checklist of the all the work you want done.
- Stay away from gimmicks such as an advertisement for a half-price renovation. "A renovation is an estimate; there are multiple trades involved," says Felton. "It's not like buying a name brand T-shirt where you know what the 'real' price is."
- Get at least two estimates from different contractors and be suspicious if there is more than five to 10 per cent difference between them. "If there is, there's probably something wrong or you're not dealing with the same calibre of contractor," says Felton.
- Make sure the quotes are for the same work. "If one guy prices marble for your floors, don't get the next guy to price you tile," says Felton.
- Be as detailed as possible. If you are getting new cabinets, don't just decide you want oak; determine whether you want light oak or dark oak; for windows, decide if you want double-glazed, and if you want them tinted, says Felton.
- Don't buy the materials yourself. Felton uses the example of new taps. "The problem is, the contractor comes in, installs your new taps and now they leak. Whose fault is it?" You might have to pay for a service call, and the store may not take back the faulty taps.
- Realize that nothing is free. If the contractor is there to sand your living room floor and you ask him to sand the stairs while he's at it, don't be surprised when he bills extra.
- Be sure the contractor is licensed and insured.

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Audit can save you money

NEWS CANADA PHOTO

The Canadian government has renewed the ecoEnergy Retrofit-Homes Program to March 31, 2012, giving homeowners the opportunity to receive grants of up to $5,000 for qualifying energy-efficient renovations.

Get a head start by completing the first step, registering with Natural Resources Canada (NRCan).

How the energy audit process works

To participate in the ecoEnergy Retrofit-Homes Program, homeowners must first set up a pre-retrofit evaluation that involves an assessment of the home's ventilation systems, air leakage trouble spots, heating and cooling efficiencies and structural issues. Homeowners will learn what energy-efficient upgrades can be made to their home. Just remember to save receipts and book a necessary follow-up audit with an energy adviser to review the renovations and confirm rebates.

To book an energy audit with a certified energy adviser, register with Natural Resources Canada by visiting oee.nrcan.gc.ca/residential/personal/registration.cfm or calling 1-800-622-6232.

How to make the most of your audit

The ecoEnergy Retrofit-Homes Program has already provided retrofit incentives to more than half a million Canadians and saved an average of 20 per cent on the energy bills of those who participated. Some of the projects homeowners can consider include:

Remodelling the bathroom: A new ecoEnergy-approved low-flush or dual-flush toilet comes with a rebate of $65. This rebate can even be applied to up to four replacement toilets per home.

Finishing a basement: Insulating the basement can cut heating and cooling costs by as much as 20 per cent — not to mention possible rebates of $125 to $1,250. A warm basement and cash back — the perfect combination as we head into winter.

Winterizing for cold temperatures: With air leakage accounting for 30 to 40 per cent of total heat loss in a home, fixing drafts before the mercury dips can add up to big savings. Bigger projects, such as installing Energy Star qualified windows and doors, can save up to 12 per cent on the average energy bill and provide a rebate of $40 per rough opening (this is the structural framing in a wall or roof where windows, doors or skylights are installed).

More information on the ecoEnergy Retrofit-Homes Program is available at homedepot.ca/ecoenergy. NEWS CANADA

Make your home warm and toasty

KELLY PUTTER
FOR METRO

GOODSHOOT/THINKSTOCK

First-time homeowners are often bursting with fun decorating and renovation ideas so it's easy to overlook the not-so-fun realities of owning a home.

Don't, warn home improvement professionals.

Maurice Meagher, owner of Case Handyman and Remodeling in Halifax, recommends homeowners weather strip and caulk windows and doors to prevent water and cold air from leaking inside. There's an inexpensive clear film you can apply that seals your windows and prevents drafts. If you have the budget, replace windows and doors that have cracked glass or rotted wood.

Insulate your attic to prevent roof leaks and to keep warm air inside in winter and outside in summer. Rebates are available on costlier energy-saving renos. Check with provincial and federal offices.

New and experienced homeowners sometimes miss inspecting their foundation, says Ken Vann, owner of Handyman Connection in Winnipeg. Fill foundation cracks and exposed areas with inexpensive spray foam. That, he says, will help keep out cold air, moisture and pesky rodents.

Ensuring that your furnace is in good working order is a must come the cold weather, says Hamilton, Ont., area contractor Tyler Reed. Change your furnace filter regularly (check with the manufacturer for recommendations) as dust buildup can aggravate allergies and decrease the efficiency of your furnace. He also recommends cleaning your heating ducts.

If you have a wood-burning fireplace, make certain your chimney is not blocked with a nest from a bird or animal and hire a chimney sweep to clean the flue.

"Everybody knows what a hazard soot is," says Reed. "It can build up and build up and ignite on its own."

Another item homeowners often don't think about when hiring help is to find out if the individual or company complies with your province's workers' compensation rules, says Peter Simpson, president and CEO of the Greater Vancouver Home Builders' Association.

Otherwise you, as the homeowner, could become responsible for on-site injuries or accidents, says Simpson. Ask for a clearance letter that tells you the contractor is covered. You can also call your local workers' compensation office or check online for verification.

Reno dos & don'ts

NEWS CANADA PHOTO

When you are eager to get caught up on home repairs, it's easy to overlook the basics that contribute to a successful renovation.

To prevent mistakes, wasting money or causing harm to yourself or others, it's important to recognize what tools and knowledge you can bring to home projects before you begin.

Don't: Start a project without a plan in place. It's important to have a vision of the finished result in mind and a map of how to achieve your end goal. Skipping over the planning stage can have disastrous results.

Do: Recognize your own capabilities and weaknesses. Consult a professional before beginning serious home repairs, such as electrical work and roofing. It's worth getting a second opinion or, if you aren't comfortable, hiring someone.

Don't: Use cheap materials. Ask questions about the products you buy to ensure they are right for the project and will last.

Do: When taking on a large home improvement, such as installing insulation, it's important to use a quality product to add to the value of your home and prevent future issues.

Don't: Throw away money on unnecessary materials and fixtures. With a bit of research beforehand, you can save money by purchasing the exact amount of materials you need to complete your project.

Do: Take advantage of government grants. The federal government has renewed the ecoENERGY Retrofit-Homes program. Until March 31, 2012, homeowners investing in energy-efficient upgrades are eligible to receive grants of up to $5,000.

Don't: Get in over your head. Small projects can quickly become big projects when you take the wrong approach.

Do: Keep on track by sticking to a planned budget, hiring a contractor when needed and never leaving a repair job unfinished.

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TORIES' NOSES MAY BE A LITTLE OUT OF JOINT

HE SAYS ...

JOHN MAZEROLLE
METRO

The Liberal Party has gone to pot — and I like it.

The Grits, their popularity up in smoke, have decided to nip the problem in the bud by legalizing marijuana.

There. Now that I've got every marijuana pun out of the way, I can say that the Liberals' recent decision to add pot decriminalization to its platform is a rare instance when political expediency collides with common sense.

Yeah, the Liberals are Canada's longest-running situation comedy, and need to do something to win back their dwindling audience. But if that desperation leads to an actual common-sense revolution where the War on Drugs is seen as Reefer Madness, then smoke 'em if you got 'em, because I'm in.

I don't even like pot — the smell makes me queasy — but I know the decades-long battle to teach kids about the dangers of drugs is a colossal failure. How? Because I was a kid.

"... in my experience the predominant symptom among pot smokers is a good-natured sleepiness. Do we really need the government's War on Naps?"

When I was young, all the Nancy Reagan, very-special-Blossom, this-is-your-brain-on-drugs propaganda led me to believe that smoking a joint was on par, health-wise, with enjoying a glass of anti-freeze.

Then I got to junior high and noted with interest that pot-smoking classmates appeared to be fine, save for an apparent inability to comb their hair.

At this point the War on Drugs was useless, because I no longer trusted anything else I had "learned." To this day I have no idea what the relative danger of, say, cocaine actually is. (If it were as dangerous as I was told, you'd notice the crowd thinning over the course of the Oscars.)

Drug education is a lot like those sex-ed classes where they never let on that sex might feel as good as a satisfying sneeze. As you watch a different teacher each year awkwardly describe sex as if it were Basic Tent Assembly, it finally dawns on you: "They're holding back on something *amazing*."

With both sex and drugs, the powers-that-be are withholding the full truth from kids when they need adults' guidance most. That's nothing short of irresponsible.

So, if any kids are reading this, tell your friends: Criminal charges aside, pot looks kind of fun.

I've seen angry, puking, bawling alcohol drinkers pretty much every week of my life, but in my experience the predominant symptom among pot smokers is a good-natured sleepiness. Do we really need the government's War on Naps?

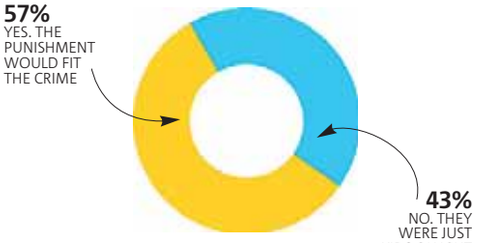
And let's not forget that the Conservatives are planning to make our marijuana laws even tougher. On the slim chance that they ask you if you agree with their approach, remember your training, kids.

Just say no.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Should Stanley Cup rioters be sentenced to jail time?



Local tweets

- **@kathynormandin:** congrats our #uOttawa girls @uOttawaGeeGee for winning this year's #Capitalhoops
- **@ViktaPaulo:** THE @uOttawaGeeGee WOMEN DEFEAT THE @CU-Ravens IN THE #CapitalHoops CLASSIC! 59-55 @NorthPoleHoops
- **@The_Fulcrum:** With 2 mins left to play the score is tied at #capitalhoops #oua -CR
- **@TariqPiracha:** Has there been a Change Camp-type of event that focused (strictly) on making #Ottawa a sustainable city?
- **@donottawa2010:** Love Shopping or eating out? Daily deals of 50-90% OFF right here in #ottawa @kahootottawa
- **@AmelieDelaire:** Almost fell 8 times walking on Innes Rd. Why can't they salt the sidewalk? #Ottawa
- **@FredTheWebGuy:** Do you or another #ottawa non-profit need a web site, possibly for free? Let me know.

Daily Zoom

GUY TAL

Deep purple

Desert becomes magic carpet

MOJAVE DESERT, UTAH. Every five years or so, this isolated expanse of Utah desert is magically transformed into a meadow of purple wildflowers. Scorpionweed carpets this section of the Utah badlands only when there's a rare combination of winter rainfall and sunshine within a narrow time frame. MWN

"Five years after conceiving the image, I was at last able to capture it. I had the dramatic backdrop of a thunderstorm — an especially rare event in these parts."
GUY TAL, PHOTOGRAPHER

Scorpionweed

- **It has this name for a reason.** Its flowerhead looks like a scorpion's tail and it leaves a nasty rash when touched.
- **How the photographer saw it.** "Each day the patchwork of colours shifted from purple to yellow and changed until, just a couple of short weeks later, the place was again barren."

metro
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2 scene

Ladies Love

After seven years with a no-host format, the Grammys will have an emcee — LL Cool J.
THE ASSOCIATED PRESS

Jessica Alba keeps it 'Honest' with e-commerce business selling eco-friendly family products.

Putting Ottawa on the map

Burgeoning scene creating good vibes and plenty of momentum for one local hip hop duo

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA

The hip hop scene in Ottawa is thriving, according to one of the city's hardest working hip hop groups.

"The scene here has been on a meteoric rise the past couple years," boasts Tynan Phelan, a.k.a. MC Tragic, of Ottawa rap duo Philly Moves.

"Cats are reaching out to each other to work on projects, producers are linking with MC's and people are actually sharing contacts," he says.

"The younger generation is coming into their own a lot sooner than artists my age and older did. They are hungry, smart with their online marketing and talented."

All of that, he believes, is a good thing for hip hop in the city.

"It's creating a really dynamic situation in Ottawa right now," he says.

"There are so many people putting out good, diverse music."

HANDOUT

▶ Touring DJ So Nice, left, Tragic and Rockwell of Philly Moves.

Of course, Tragic and Philly Moves partner Jon 'Rockwell' Dasilva are a big part of that diversity.

Named Ottawa's Favourite Live Act of 2011 by Metro readers, Philly Moves has established both credibility and an impressive fan base in just two short years.

The momentum has resulted in multiple mixtapes, EPs and videos, a coast-to-coast tour, a growing online presence and, now, a new full-length album, How To Drink Yourself Famous, which will be released on Saturday.

"It's our most eclectic stuff and definitely the most work we've ever put into an album," says the Philly Moves lyricist.

That might have something to do with the current healthy state of Ottawa's hip hop scene; inspiring surroundings for any up-and-coming artist.

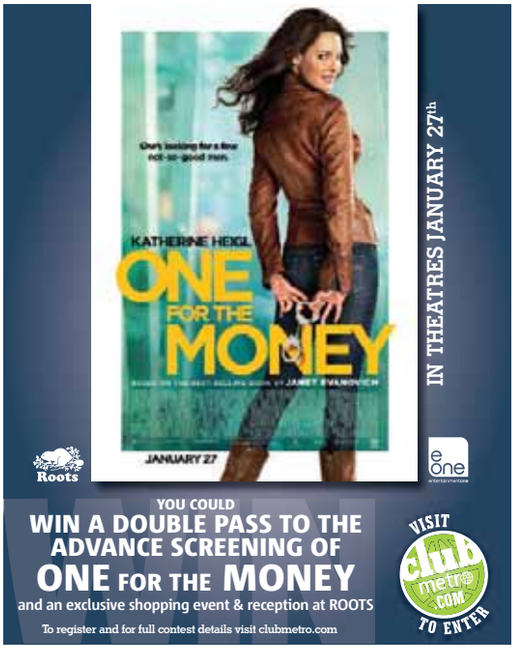
"The younger generation is inspired by the older generation, but they also push us," says Tragic of the scene.

"The healthy sense of competition is what drives the scene and it looks like we're set up for that in Ottawa for years to come."

Details

Where can you watch the show?

The show: Catch Philly Moves and a slew of other local hip hop artists and DJs at Winterfest at Oliver's Pub (Carleton University Campus) on Saturday, including performances by main headliners DL Incognito and Moka Only. Tickets are $10 through ticketweb.ca Doors open at 1 p.m. Get more info at winterfestottawa.ca.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Book no longer sedated

8 years after his death, Johnny Ramone's autobiography to be released

Eight years after he died of prostate cancer, Johnny Ramone's autobiography is finally being published.

Commando: The Autobiography of Johnny Ramone is set for release April 2 by Abrams Image. In an interview Tuesday, his widow, Linda, described the book as "kind of his last word that he knew would be out."

"It is a really powerful book because his whole life has gone before him and he knows it's going to come to an end, and he really needs to tell everybody what he's feeling inside, so that's what makes it so amazing," she added later.

"That is the biggest, most powerful thing, writing a book when you know you're dying."

Johnny Ramone, whose real name was John Cummings, was one of the founding members of the legendary New York City-based punk band the Ramones, members of the Rock and Roll Hall of Fame. Considered one of the most influential guitarists in rock, he died in 2004 at age 55 after battling cancer for five years.

The 176-page book is filled with pictures selected by his wife.

THE ASSOCIATED PRESS

KATHY WILLENS/THE ASSOCIATED PRESS

▶ Johnny Ramone of the punk rock group The Ramones.

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Buffy's balancing act

Sarah Michelle Gellar talks about returning to work after being a stay-at-home mom for two years, and how TV roles suit her lifestyle

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Sarah Michelle Gellar made her name in television — with seven seasons of Buffy the Vampire Slayer — before heading to film and then bowing out of entertainment entirely to start a family.

Now she's back on small screen with Ringer, and it's a move she's been considering for some time.

"I realized at a certain point that you have to dip your feet back in or it gets really scary," she says. "The longer you wait to go back in the harder I think it gets, just emotionally to go back. I hear stories from people that go back to work when their children are younger and they think that transition's then a little bit easier because it's all they've ever known, but I have known being at home for two years — almost two years — that it gets harder when you don't quite understand how it's all going to work, how you manage both lives."

Gellar explains that the idea of taking film jobs and heading off to locations was no longer an option for her.

"I have a young child and I took time off when she was born, and that was the first time pretty much in my entire life that I had taken time off and I couldn't believe how happy I was and how satisfied that I was," says Gellar, who has a daughter with husband Freddie Prinze Jr. "Being a parent is so important to me, and I just couldn't be the parent that goes from country to country and leaves their child or schleps their child. It just wasn't the life that I wanted for my family." Gellar is quick to add, though that she's not judging or criticizing any other actress' parenting decisions.

On Ringer, Gellar pulls double duty as twin sisters Bridget — a recovering addict and ex-stripper — and Siobhan, a wealthy socialite who goes missing after going overboard on a boat trip. Plenty of complications ensue as Bridget poses as Siobhan while on the run from the mob.

Of course, the other major draw of television brings Gellar back to being a parent. "I realized, 'Wait a second, I can be somewhere the entire year, I can [be there] when I need to take my child for the first day of school,'" she says.

"Two weeks ago, my daughter was very sick and I got to go home and be with her and we were able to work around it so that I could be there when she needed me.

"As soon as she was getting better I could come back, and that's just not a lifestyle that's really offered anywhere else."

Gellar's a Twi-hard

"I have not seen the Twilight films. I read the books and I loved them. I thought they were great and it really surprised me because I thought, 'Vampire story, like ... OK,' but I loved it," says Gellar.

GETTY IMAGES

Sarah Michelle Gellar stars in the TV series Ringer.

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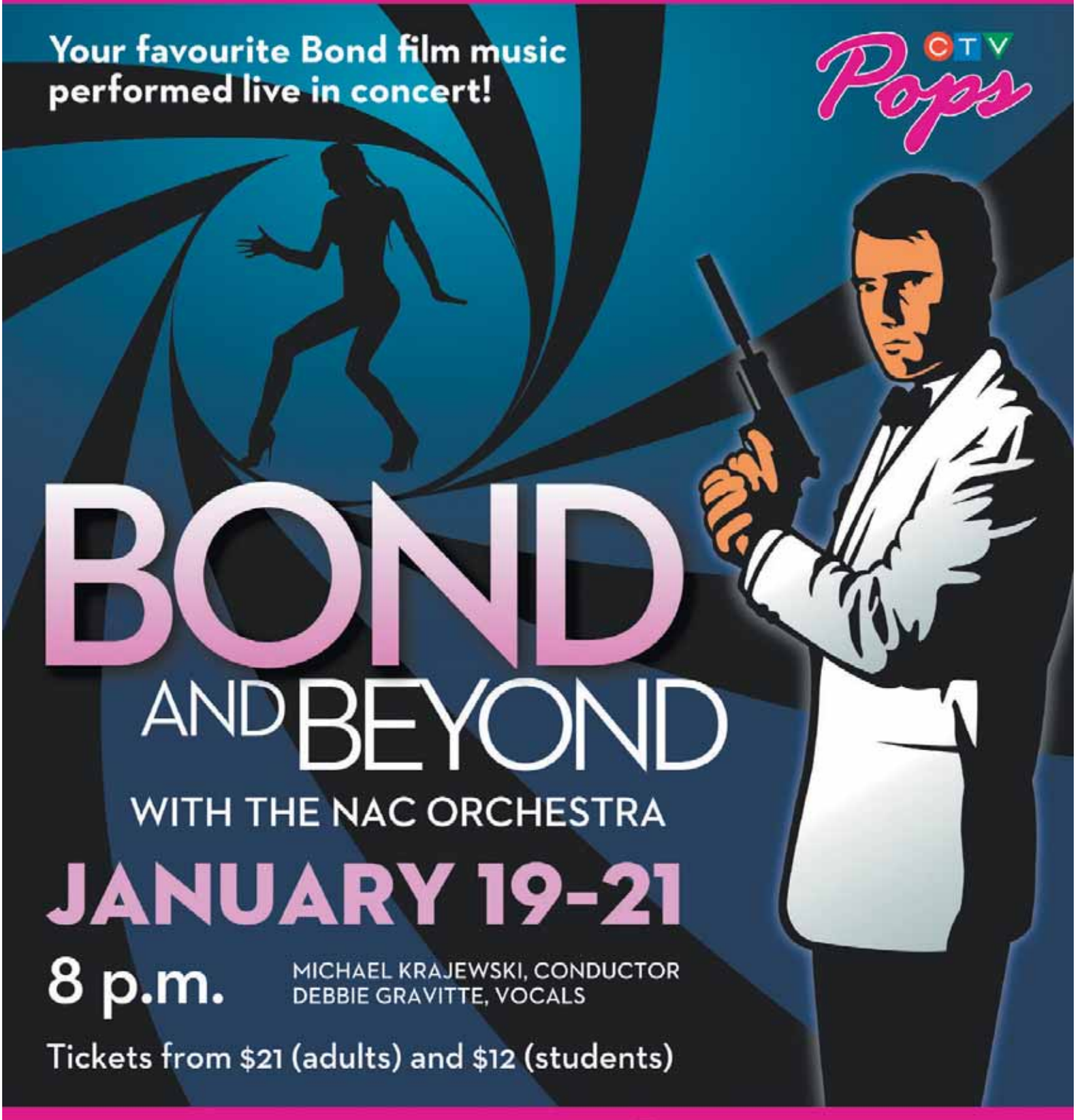

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OK there Marky Mark, calm down

Wahlberg claims he would have landed 9-11 plane, if he were on flight

It looks like Mark Wahlberg has spent a little too much time talking tough on movie sets. In an interview with Men's Journal, the actor claims that if he was onboard a hijacked plane on Sept. 11, things would have ended differently.

(Before we get started, some fun facts about Mark Wahlberg: He's 5-8 and doesn't have a pilot's license.)

"If I was on that plane with my kids, it wouldn't have went down like it did," says the actor, who had purchased a ticket for one of the planes that crashed into the World Trade Center but changed his travel plans.

"There would have been a lot of blood in that first-class cabin and then me saying, 'OK, we're going to land somewhere safely, don't worry.'"

Oh, Mark. In the real world, saying heroic things in a Southie Boston accent doesn't magically kill the bad guys.

MONICA WEYMOUTH; DOROTHY ROBINSON WILL RETURN TOMORROW

ALL PHOTOS GETTY IMAGES

Mark Wahlberg

Celebrity tweets

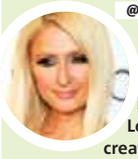
@jimmyfallon

Texted a friend: "What time's Dennis' surprise party?" Dennis texted back: "Guess it's just a party now."

@sarahksilverman

Jesus would be bummed about the Vatican being all filled w riches that could feed the world (but doesn't)

@ParisHilton


In the studio working on new music. Love being creative.

@SteveMartinToGo

My vow: if I can't think up anything interesting to say, I will say it on Twitter.

Depp's situation 'so sad'

While they've lived happily for more than a decade away from the spotlight in France, Johnny Depp and Vanessa Paradis' relationship is reportedly "all but officially finished," multiple sources tell People magazine.

A main reason for that, the sources say, is location, as the couple — parents to children Lily-Rose, 12, and Jack, 9 — has been residing in Los Angeles more and more often.

Johnny Depp

Some close to Depp and Paradis claim the couple has already split up.

"It's so sad," a source says. METRO

Lohan a high-end hooker?

Lindsay Lohan is facing yet another lawsuit, but chances are she's not too concerned about this one.

Thomas Green, a former Marine, is suing the actress for $300,000 for "unfair business practices," claiming that Lohan led him to believe she'd help him with an online business he wanted to start, according to TMZ.

The site refers to Green's filing as "12 pages of incomplete, incoherent gibberish."

Lindsay Lohan

In it, Green speculates that Lohan is a high-end prostitute.

METRO

RiRi 'hooking up' with Chris Brown?

It's been nearly three years since Chris Brown's infamous assault of girlfriend Rihanna, and after all the court dates, restraining orders and reconciliation, the two allegedly have been getting together on the sly, according to Us Weekly. Brown and Rihanna "meet up very casually," a source says.

"She comes to see him anytime she's in L.A. They can't get enough of each other. I don't see it ending well."

So what's the draw of a loose-cannon ex-boyfriend?

"Rihanna loves to live dangerously, and talking to and hooking up with Chris is all part of that," says another source.

METRO

Rihanna

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Skirting the issue

- Take your fave maxi skirt from the summer, pair it with a sweater and throw on some woolly tights and boots
- It's your new chic-and-cosy, cold-weather look

MARC BY MARC JACOBS
Georgia-printed skirt
$270, netaporter.com

JOE FRESH
Blue-seater gel
$49, joefresh.com

TIBI
long-pleated skirt
$330, shopbop.com

MADEWELL
north-isles sweater
$85, madewell.com

REBECCA TAYLOR
runway pullover
$350, rebeccataylor.com

ADAM LONG
Long-silk-chiffon skirt
$295, shopadam.com

Hanneli Mustaparta expertly nailing the look in New York.

MWN

3 life

Style pick

COMME DES GARÇONS COURIER BAG
$148, oki-ni.com

Adrien Brody leads a cast of actor-models in Prada's menswear show.

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Your facial resolution

Sorry guys – party season's over As you start the food detox, consider giving your facial regimen a good cleanse as well Here are a few top products to help you get started

Yes, it's January and now is the time for some restraint. Boring, we know, but all those fatty, dairy-filled products and alcoholic tipples have all had a detrimental effect on your skin. The common signs of over-indulgence (aside from the bloated belly): a blotchy complexion, dry skin, dark circles and, yes, zits. These reliables will combat them all.

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

CLINIQUE
Anti-fatigue cooling eye gel
$26, clinique.com

MALIN + GOETZ
replenishing face cream
$72, malinandgoetz.com

KYOKU
SKN-FC 677 pore reducing serum
$44, kyokuformen.com

CLARINS
active face scrub
$20, clarins.com

Grooming pick

Hair raiser
Most guys want hair that doesn't look too perfectly coiffed. Girls, never go for a guy who swoons over his own reflection. That's what makes Bumble and Bumble's undressing crème the perfect compromise. It'll give your hair a playful, sexy texture without the fussy, prissiness.
RICHARD PECKETT

BB TEXTURE HAIR (UN)DRESSING CRÈME
$33, bumbleandbumble.com

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Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker: **2012 is the Year of the Dragon. Dragons are unafraid of challenges + like to take risks. What's the gutsy-est fashion move you've ever made?**

- **@chrisjallaire:** Wearing fur in my small hometown. Death wish (but yet I live!)
- **@qualityslippers:** When I was sixteen I wore a unitard to a Sex Pistols concert.
- **@talakamea:** Enrolled in the MA Fashion prgrm @RyersonFashion. Gonna be 1 of the first prgrm grads! My research: the sound of clothing.
- **@AgendaLV:** A top hat with Harley boots.

In one of my gutsy get-ups...as Pierot, to promote Fashion Cares in 2002. Costume by Izzy Camilleri.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

Brightening up for spring

Karl Lohnes checks out the latest trends from CB2 Help your home decor beat the winter blahs

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

From runway to home fashions there is one thing for sure this spring; colour is on its way! Bright and cheery, they are being used not only on small accessories, but on furnishings, lamps and flooring also.

Three of the hippest colours you'll see at CB2 are turquoise, orange and lime. When used as shots of colour you can add a wake-up colour punch to any room.

Punchy furniture: Adding colourful fabric to a headboard, chair or ottoman is a great way to inject not only colour, but pattern into a room. Just one piece can inject giant personality to a room so be judicious as to how much you add.

If reupholstering furniture then spend good bucks to have it done right; not only will the fabric be admired but so will the workmanship.

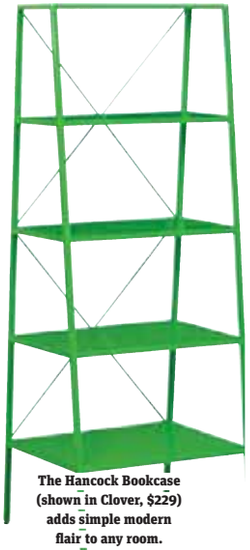
Colourful lighting: Whether it be a boldly coloured lampshade or a base, the best accessory this season is a coloured lamp.

Don't want to get rid of your current lamps? Try recovering the existing lampshade with a trendy-coloured wallpaper or fabric for fun.

Bold flooring

From pattern to plain, carpeting for spring is about creating a statement.

- **Simple bold shapes** and bursts of colour seem to be everywhere, but I like a simpler approach to colour by keeping the pattern plain.
- **A colourful rug** in the bath or beside the bed can help to wake up a room.
- **Use floor tiles** to mix and match your colours while keeping it very affordable.
- **Tip:** trends should be bought and easily replaced when new ones come around.



The Hancock Bookcase (shown in Clover, $229) adds simple modern flair to any room.

CB2

▶ Just a few colour-trend pieces can help wake up a neutral room. Parlour Bold Chair, $899, CB2.

ISTOCK

▶ Salt is enjoyable on french fries — not on leather boots.

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

DEALING WITH THOSE SALTY WINTER BOOTS

Although I am still travelling and am now in the Philippines, I have received numerous emails on how to deal with the salt stains on leather boots.

With Old Man Winter in full swing this is a source of irritation for both men and women. The good news is that this is relatively easy to deal with.

The only issue is staying on top of it. If you don't remove the salt regularly, you will run the risk of it permanently damaging your boots.

1. With a damp rag, remove any excess dirt on the leather boot
2. Spray 100 per cent white vinegar on a rag or microfibre cloth and wipe the leather area of the boot, removing the salt
3. If you cloth gets dirty continue step 2 with a fresh clean cloth.

It's as simple as that, folks. I learned this trick from the shoeshine booth at the Waldorf Astoria hotel in New York City and it has never failed me.

Oh, and for those of you who are very particular, the vinegar packs from fast food restaurants are great when you're out and about and want a quick polish before a business meeting or dinner date!

HAVE A QUESTION? SEND A MESSAGE TO ASKCHARLESTHEBUTLER@METRONEWS.CA

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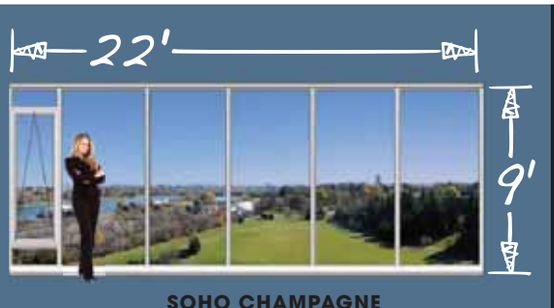

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Weekly Cookbook

Fresh, the award-winning Canadian restaurant chain, is known for serving up meatless meals made from all-natural ingredients, full of exotic flavours and energy-boosting nutrients.

In their new book, fresh, founder Ruth Tal and co-owner and head chef, Jennifer Houston, share recipes from their enticing, healthy menu.

Among the eats included are: Quinoa Onion Rings, Kale and Oyster Mushroom Salad, Sunflower Sandwich, Avocado Cashew Banana Smoothie and more.

Veg your bets on health

Think you're getting enough veggies in your daily diet? New study suggests otherwise

CELIA MILNE
LIFE@METRONEWS.CA

C'mon guys. Eat your vegetables.

Most of us still don't eat enough fruits and vegetables to fend off major diseases, according to a new study done at Concordia University in Montreal. In particular, men, smokers and those with low incomes are at risk.

The World Health Organization has reported that eating five servings daily of fruit and vegetables helps in preventing diabetes, obesity, stroke and high blood pressure. Canadians, on average, fall just short of that.

"This study emphasizes the importance of eating sufficient fruits and vegetables," says lead author Mesbah Sharaf, a PhD candidate at Concordia. "It helps to identify the groups that need to be targeted for nutrition promotion policies aimed at encouraging fruit and vegetable consumption."

Sharaf and his team used a sample of 93,719 people from the 2007 Canadian Community Health Survey. They used statistical models to find out what lifestyle factors determine fruit and vegetable consumption.

The groups that need to work on healthier nutrition habits are those with a low income, those with low education, males, middle-aged people, singles, smokers, people with weak social interaction and adults who live in households with no children.

Quebec, which has a long history of farming, came out on top for fruit and vegetable consumption, compared to other provinces.

West vs. East

We're supposed to eat our fruits and veggies at least five times a day for best health. But do we? A new Canadian study shows eastern provinces lag behind.

- **Canadian average** 4.95 time a day
- **Quebec** 5.5 times a day
- **British Columbia** 4.9 times a day
- **Alberta, Saskatchewan, Manitoba and Ontario** 4.8 times a day
- **Atlantic provinces** 4.4 times a day

ISTOCK

▶ Men, smokers and those with low income are among those not getting enough vegetables.

大統華T&T
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Looking to kick-start adding more veg into your routine? Try veggie-packed Muffuletta condiment

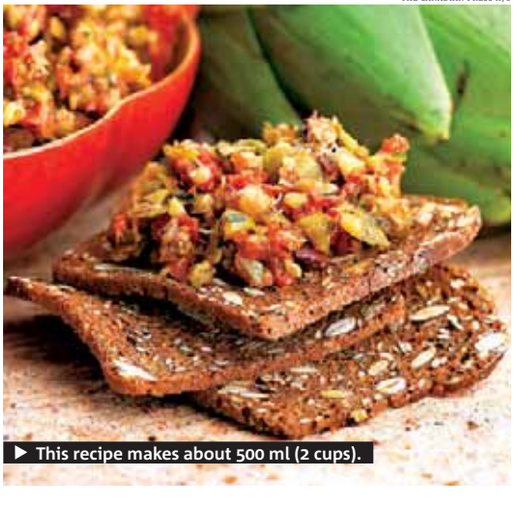
The hero-style sandwich condiment known as muffuletta would be a wonderful snack to serve to skiers, skaters and tobogganers this winter season.

A specialty of New Orleans, the sandwich is said to have originated in 1906. It consists of a round loaf of crusty Italian bread split horizontally and filled with an assortment of marinated olives and vegetables, deli meats and cheese.

The condiment in this recipe can be used in the sandwich or served on crisps partnered with soft goat cheese.

The ingredient Sambal oelek is a sauce made with chili peppers.

THE CANADIAN PRESS H/O



▶ This recipe makes about 500 ml (2 cups).

Preparation:

1. Finely chop green and kalamata olives, artichokes, sun-dried tomatoes, onion, capers, garlic and anchovies. Place in a bowl and stir to combine. Add oil, sambal oelek, vinegar, rosemary, parsley, oregano and pepper; stir again. Season with salt and pepper.

THE CANADIAN PRESS/LESLEY STOWE FIND FOODS

Ingredients:

- 175 ml (3/4 cup) green olives stuffed with pimento
- 50 ml (1/4 cup) kalamata olives, pitted
- 50 ml (1/4 cup) artichoke hearts
- 50 ml (1/4 cup) sun-dried tomatoes, softened
- 1/8 red onion
- 15 ml (1 tbsp) capers, drained
- 2 cloves garlic
- 2 anchovy fillets
- 50 ml (1/4 cup) olive oil
- 1 ml (1/4 tsp) sambal oelek
- 5 ml (1 tsp) balsamic vinegar
- 15 ml (1 tbsp) chopped fresh rosemary
- 15 ml (1 tbsp) chopped fresh parsley
- 1 ml (1/4 tsp) dried oregano
- 1 ml (1/4 tsp) freshly ground pepper
- Sea salt and freshly ground pepper, to taste

SPECIAL INFORMATION FEATURE

Aussie wines are a smash

IF I HAD $100 ... TO SPEND AT VINTAGES

SUSAN DESJARDINS
FOR METRO

Celebrate the 100th anniversary of the Australian Open tennis tournament with the Jan. 21 LCBO Vintages principal feature, Australia's Got Style, or step out of your comfort zone with some tantalizing Discovery Grapes. Here's to six great values!

Spice Route Chenin Blanc 2009, South African
(LCBO #174623, $17.95)
▶ Golden, richly aromatic and creamy, this Steen delivers.

Castaño 'Reserva' Pozuelo, Spain
(LCBO #35485, $14.95)
▶ A blend, principally Monastrell, that is structured, concentrated, and loaded with sun-kissed fruit.

Talamonti 'Tre Saggi' Montepulciano d'Abruzzo 2008, Italy
(LCBO #204016, $15.95)
▶ Plush, dark berry and cherry in a complex, balanced package.

Santa Carolina 'Barrica Selection' Petit Verdot 2009, Chile
(LCBO #7484, $14.95)
▶ A velvety texture and great structure wrapped around concentrated dark fruit.

Vineland Sauvignon Blanc 2009, Niagara
(LCBO #551168, $16.95)
▶ An artful combination of intense citrus, alluring tropical fruit and subtle minerality.

Wakefield Cabernet Sauvignon 2009, Australia
(LCBO #744235, $17.95)
▶ Bold and balanced with a bushel of ripe black and red berries.

GRAND TOTAL: $98.70

FOR MORE, SEE SAVVYCOMPANY.CA.

JEFF O'REILLY/FOR METRO

▶ Freya dials up a 613 at D'Arcy McGee's Sparks Street.

The 411 on the 613

Labatt launches new local area code beer in Ottawa

JEFF O'REILLY
FOR METRO

Thirty years ago, when I saw my first mobile phone — a massive hand-held unit attached to a suitcase-sized battery pack — I could have never imagined that today's smartphones would become our primary source of telephone, email, music, entertainment and photo sharing, which would lead to scores of people who are destroying the ability to spell and form sentences through a new text language. ROTFLOL.

Technology has driven productivity up around the world by creating instant accessibility 24-7 with the "IGNORE" button as your only protection. Now, instead of having to wait until you worked up the courage and got to your home phone with well thought out and prepared notes to tell your boss off, or holding off until you sobered up in the morning to call an old flame you have been thinking about — hooray — you do it the instant the thought crosses your mind (warning: Results may vary).

Labatt recently launched several new local area code beers across Canada, inspired by its American cousin, Chicago's award-winning Goose Island's 312 Urban Wheat Ale. It's an opportunity to wade into the popular craft beer segment while providing new local brews to savvy beer drinkers everywhere. These beers are currently in a test stage, so why not get out and test one today.

613 Amber Lager (five per cent alcohol by volume) pours a rusty, copper hue with eggshell coloured head releasing light hop and caramel aromas.

The taste of mildly bitter hops and generous caramel are followed by a slightly astringent fizz with smooth medium body and just the right amount of carbonation.

It's an appealing straightforward brew with easy drinkability.

Gatineau fest

▶ **Gatineau's Winter Beer Festival**, "Festibiére d'Hiver," takes place at the Château Cartier Friday and Saturday from 4 p.m. to 1 a.m., presenting a collection of offerings from more than 20 breweries along with discussion groups, dog sled rides, music, unique local food pairings and more. Admission is 18 and older and free! For more, see festibieredegatineau.ca.

Taste new cultures at Asian Superstore

SAMANTHA EVERTS
FOR METRO

The big box Asian Superstore will be opening Thursday at 1777 Tenth Line Rd. in Orléans, a former Canadian Tire store.

It will rival T & T on Hunt Club Road, but will be larger with 40,000 square feet of space and offer not just Chinese, but Southeast Asian, Thai, Latino, European and African food products.

"We're not calling ourselves a superstore, but a cultural ambassador," says CEO David Feng.

This will be the first time Ottawa has had so many ethnic regions' and countries' groceries and produce offered under the same roof for a total of 18 different departments.

"We hope that people will be inspired to try new foods."
ASIAN SUPERSTORE CEO DAVID FENG

"We hope that people will be inspired to try new foods," says Feng.

"Often, you shop at just your small ethnic food store and don't try new things."

Now, Ottawans will be spoiled for new options, but don't worry, trained staff and chefs specializing in each cuisine will be on hand to help you make informed decisions with a new dish, like butter chicken.

"We have the largest fish market in Ottawa," Feng says, adding it is mainly fresh over frozen. There will also be a food court with more than 200 dishes all cooked on site for take-away.

Free samples

▶ **Plenty of food** will be available at the Asian Superstore to sample free of charge at Thursday's grand opening.
▶ **Largest fish market** in Ottawa.
▶ **One-stop shopping** for your ethnic food needs.

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4 sports

Senators preview

Ottawa at San Jose
10:30 p.m.
TV: SNET

The Senators (26-16-6) head west to kick off a five-game road trip in San Jose (26-12-5). The Sharks have won seven of their last 10. Antti Niemi is having a strong January, with five wins in seven starts, a goals-against average of 1.94 and a save percentage of .933. Brent Burns has five points in his last six games. Logan Couture, who leads San Jose with 18 goals, scored nine in December but has just two in nine games this month. Patrick Marleau and Joe Thornton each have one point in their last four games.

THE CANADIAN PRESS

Scan code for more sports.

The right man for the job

THE HOCKEY NEWS

MURRAY PAM
OTTAWA@METRONEWS.CA

After five years of searching, the Ottawa Senators may have finally found their ideal No. 2 centre in a 6-foot-1, 195-pound lightning rod named Kyle Turris.

Since coming over in a much-debated trade with the Phoenix Coyotes, the dynamic Turris has taken some heat off Jason Spezza and the team has surged with an 11-2-2 record, solidifying themselves among the contenders in the Eastern Conference.

Turris, who grew his local popularity by scoring the winner against the hated Maple Leafs Tuesday night, is the first pivot since Mike Comrie in 2006-07 to provide the kind of offence the Sens need from their second-unit centre. Mike Fisher, Antoine Vermette, Peter Regin and most recently Stephane Da Costa were all tried in that spot, but came up short.

The native of New Westminster, B.C., who has three goals and 11 points in 15 games for Ottawa, is trying to shake a "problem child" label. Fair or not, it's one that was affixed to the 22-year-old when he refused to agree to terms on a contract in Phoenix as an unrestricted free agent last summer amid complaints he wasn't being allowed to properly develop. He eventually inked a two-year $2.8 million contract, and promptly got his wish to be dealt.

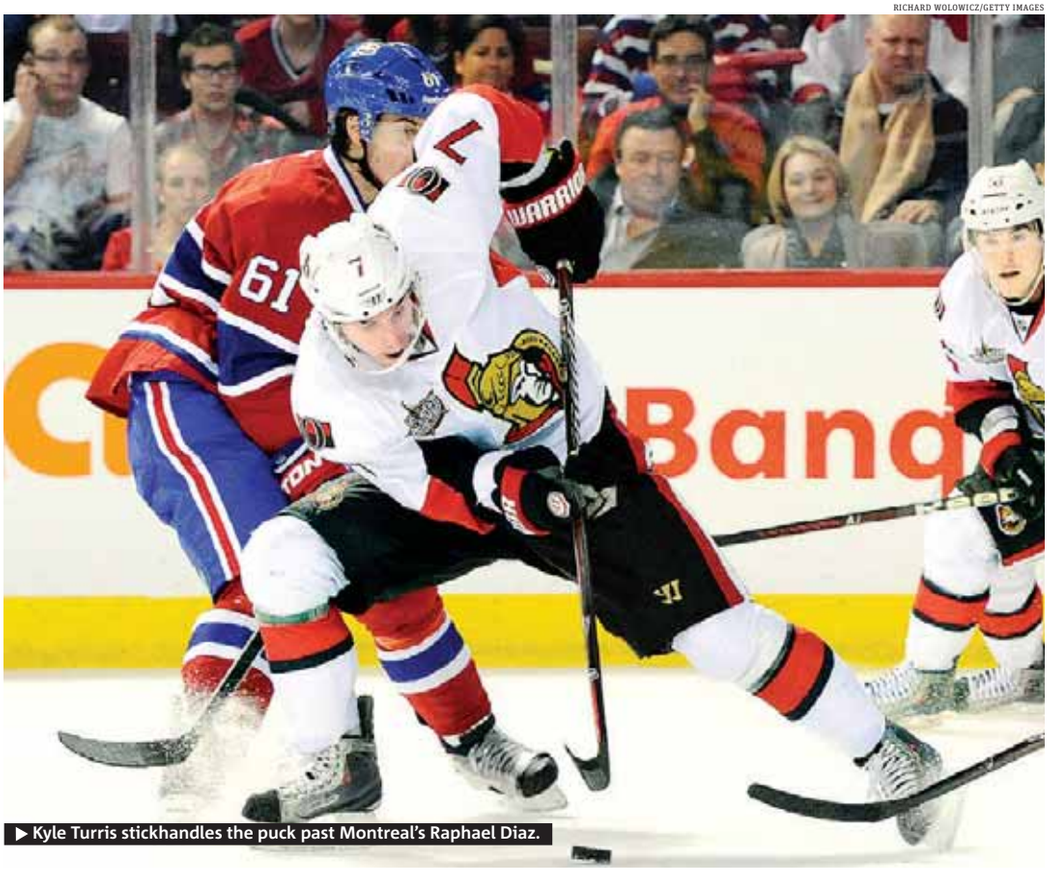
The fresh start, which included ditching his familiar No. 91 (can you feel the ghost of Alexandre Daigle?) for lucky No. 7, has indeed been a blessing. Like his favourite player, Steve Yzerman, Turris has a defensive conscience to go with his offensive spark, posting a plus-11 mark in his first month with the Senators.

A good skater and puck distributor, he has earned the praises of his peers and coach Paul MacLean, who has rewarded the youngster with top-six ice time. Turris' average of 18-plus minutes per game is a far cry from the 11:18 he got in Phoenix.

"He has fit in really well in the locker-room and you can tell that he is excited to be here," said captain and Turris linemate Daniel Alfredsson. "He wants to get better. He works real hard."

We may not be able to determine the winner of the this trade for several years and David Rundblad who was dealt away to get Turris may yet become a top defenceman in the NHL, but the early edge goes to the Senators.

RICHARD WOLOWICZ/GETTY IMAGES



▶ Kyle Turris stickhandles the puck past Montreal's Raphael Diaz.

Nadal, Federer advance

Spain's Rafael Nadal didn't drop a set and Swiss star Roger Federer didn't pick up a racket. Both reached the third round of the Australian Open on Wednesday along with several of the top women.

Nadal beat German veteran Tommy Haas, 6-4, 6-3, 6-4, declaring the twisted tendon in the heavily taped knee was not a concern.

Just before Federer was due on Hisense Arena, he found out his scheduled opponent, Germany's Andreas Beck, had a back injury and had to withdraw.

"Now, I'll just take it easy this afternoon and come out tomorrow and hit intensely, and then I'll be ready for the next match," said Federer, a four-time Australian Open winner.

Defending champion Kim Clijsters and No. 1 Caroline Wozniacki won their second-round matches Wednesday on their way to a potential quarter-final meeting.

French Open champion Li Na also advanced, defeating Olivia Rogowska of Australia, 6-2, 6-2. She could meet Clijsters in the fourth round in a rematch of last year's final at Melbourne Park. **THE ASSOCIATED PRESS**

ANDREW BROWNBILL/THE ASSOCIATED PRESS

▶ Rafael Nadal

BASEBALL

Rangers, reach deal with Yu

Yu Darvish is coming to the United States to pitch.

Japan's best pitcher and the Texas Rangers agreed before Wednesday's deadline to a $60-million US, six-year contract. In addition to the salary, the Rangers will pay a posting fee of about $51.7 million to the Hokkaido Nippon Ham Fighters of Japan's Pacific League.

The deal came at the end of a 30-day negotiating window that began Dec. 19 when the Rangers' bid to negotiate with the pitcher was accepted. Had a deal not been reached in time, Darvish would have remained with the Fighters and Texas would have kept the posting fee.

When the deal was reached in Texas by his agents Don Nomura and Arn Tellem, the 25-year-old Darvish was home in Japan, where he returned for off-season training.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	44	29	11	1	3	125	90	62	14-4-0-2	15-7-1-1	7-3-0-0	W1
d-Boston	43	29	13	0	1	156	88	59	16-7-0-1	13-6-0-0	6-4-0-0	L1
d-Florida	44	21	14	4	5	112	123	51	11-5-1-5	10-9-3-0	3-4-2-1	L2
Philadelphia	44	27	13	2	2	149	129	58	11-6-1-1	16-7-1-1	6-4-0-0	W1
Ottawa	48	26	16	4	2	149	150	58	14-9-0-1	12-7-4-1	8-1-1-0	W1
New Jersey	45	26	17	1	1	126	126	54	12-7-0-1	14-10-1-0	6-3-1-0	W3
Pittsburgh	45	24	17	2	2	136	117	52	12-8-2-0	12-9-0-2	4-6-0-0	W3
Washington	44	24	18	0	2	125	127	50	17-6-0-1	7-12-0-1	7-3-0-0	L1
Toronto	45	22	18	3	2	139	140	49	12-7-2-2	10-11-1-0	4-5-1-0	L3
Winnipeg	46	21	20	3	2	116	133	47	14-8-0-1	7-12-3-1	4-6-0-0	W1
Buffalo	45	19	21	3	2	112	134	43	11-9-3-2	8-12-0-0	2-6-1-1	L2
Montreal	45	17	20	2	6	116	123	42	8-9-2-4	9-12-0-1	4-5-0-1	W1
NY Islanders	44	17	21	4	2	106	134	40	10-11-3-0	7-10-1-2	6-4-0-0	W1
Tampa Bay	45	18	23	1	3	126	159	40	12-7-0-1	6-16-1-2	4-5-0-1	W1
Carolina	48	16	24	4	4	124	156	40	11-11-0-3	5-13-4-1	4-4-0-2	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	46	30	15	1	0	149	105	61	18-2-1-0	12-13-0-0	8-2-0-0	W4
d-Vancouver	47	28	15	0	4	151	117	60	12-6-0-3	16-9-0-1	5-3-0-2	L2
d-San Jose	43	26	12	3	2	125	100	57	15-7-2-0	11-5-1-2	7-1-1-1	W1
St. Louis	45	27	12	1	5	116	94	60	19-3-1-2	8-9-0-3	6-2-1-1	W2
Chicago	46	27	13	3	3	150	133	60	17-5-1-3	10-8-2-0	4-4-2-0	W1
Nashville	46	26	16	3	1	125	123	56	14-7-2-1	12-9-1-0	8-2-0-0	L1
Los Angeles	47	23	15	4	5	105	105	55	13-10-0-3	10-5-4-2	5-1-2-2	W1
Minnesota	46	22	17	2	5	106	118	51	12-6-1-2	10-11-1-3	2-6-0-2	L3
Dallas	45	24	19	0	2	122	129	50	13-8-0-2	11-11-0-0	4-5-0-1	L3
Colorado	47	24	21	2	0	120	134	50	13-11-0-0	11-10-2-0	5-4-1-0	L1
Phoenix	46	21	18	3	4	120	119	49	9-8-2-1	12-10-1-3	3-3-2-2	W1
Calgary	47	21	20	3	3	112	133	48	13-6-1-1	8-14-2-2	3-5-1-1	L2
Edmonton	45	17	24	1	3	116	131	38	11-7-1-2	6-17-0-1	2-7-1-0	L1
Anaheim	44	15	22	3	4	113	138	37	10-12-1-0	5-10-2-4	6-3-1-0	W2
Columbus	45	13	27	1	4	110	149	31	8-12-1-2	5-15-0-2	4-5-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Washington at Montreal
Buffalo at Chicago
Florida at Colorado
Phoenix at Anaheim

Tuesday's results
Ottawa 3 Toronto 2
Columbus 4 Edmonton 2
Los Angeles 3 Vancouver 2 (SO)
San Jose 2 Calgary 1 (SO)
New Jersey 5 Winnipeg 1
Detroit 3 Dallas 2 (SO)
N.Y. Islanders 3 Washington 0
N.Y. Rangers 3 Nashville 0
Philadelphia 5 Minnesota 1
Pittsburgh 2 Carolina 1 (SO)
Tampa Bay 5 Boston 3

Tonight's games
All Times Eastern
Minnesota at Toronto, 7 p.m.
Boston at New Jersey, 7 p.m.
Pittsburgh at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
Nashville at Columbus, 7 p.m.
Edmonton at St. Louis, 8 p.m.
Buffalo at Winnipeg, 8:30 p.m.
Detroit at Phoenix, 9 p.m.
Calgary at Los Angeles, 10:30 p.m.
Ottawa at San Jose, 10:30 p.m.

Tomorrow's games
Montreal at Pittsburgh, 7 p.m.
Washington at Carolina, 7 p.m.
Florida at Chicago, 8:30 p.m.
Tampa Bay at Dallas, 8:30 p.m.

LATE TUESDAY

KINGS 3, CANUCKS 2 (SO)

First Period
1. Los Angeles, Penner 3 (Doughty, Scuderi) 9:06
Penalty — Fraser LA (roughing) 15:11.
Second Period
2. Vancouver, D.Sedin 20 (Edler, Burrows) 2:41 (pp)
3. Los Angeles, Williams 9 (Mitchell, Kopitar) 15:14 (pp)
Penalties — Mitchell LA (tripping) 1:45, Fraser LA, Ballard Vcr (major) 3:45, Lapierre Vcr (cross-checking) 13:22, Richards LA (slashing) 15:50, Hansen Vcr (hooking) 18:50.
Third Period
4. Vancouver, Booth 6 (Hansen, Hodgson) 5:00
Penalty — Doughty LA (hooking) 8:51.
Overtime
No Scoring.
Penalties — None.
Penalty — Brodie Cal (boarding) 15:30.
Third Period
2. San Jose, Mitchell 5 (Handzus, Burns) 10:44
Penalties — None.
Overtime
No Scoring.
Penalties — Cammalleri Cal, Vlasic SJ (roughing) 5:00.
Shootout
San Jose wins 2-0
Calgary (0) — Iginla, miss; Cammalleri, miss.
San Jose (2) — Marleau, miss; Handzus, goal; Burns, goal.
Shots

Calgary	6	11	8	3—28
San Jose	4	10	14	3—31

Goal — Calgary: Kiprusoff (L,20-15-3); San Jose: Niemi (W,20-8-5). **Power plays (goals-chances)** — Calgary: 0-0; San Jose: 0-2.
Referees — Rob Martell, Mike Leggo. **Linesmen** — Mike Cvik, Darren Gibbs.
Att. — 17,562 (17,562) at San Jose, Calif.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	22	30	52
H.Sedin, Vcr	11	41	52
Stamkos, TB	31	20	51
D.Sedin, Vcr	20	30	50
Giroux, Pha	18	32	50
Kessel, Tor	24	25	49
Datsyuk, Det	13	36	49
Lupul, Tor	20	28	48
Spezza, Ott	20	28	48
Ma.Hossa, Chi	17	31	48
Toews, Chi	24	22	46
Elias, NJ	17	27	44
Tavares, NYI	17	27	44
Pominville, Buf	15	29	44
Karlsson, Ott	6	38	44

Not including last night's games

SHARKS 2, FLAMES 1 (SO)

First Period
No Scoring.
Penalty — Glencross Cal (tripping) 9:30.
Second Period
1. Calgary, Butler 2 (Iginla, Backlund) 12:07
Shootout
Los Angeles wins 2-1
Vancouver (1) — Raymond, miss; Hodgson, miss; Burrows, goal; **Los Angeles (2)** — Williams, goal; Johnson, miss; Richards, goal.
Shots

Los Angeles	15	10	12	4—41
Vancouver	10	9	12	3—34

Goal — Los Angeles: Quick (W,20-11-8); Vancouver: Luongo (SOL,18-10-4). **Power plays (goals-chances)** — Los Angeles: 1-2; Vancouver: 1-4.
Referees — Chris Lee, Justin St. Pierre. **Linesmen** — Tony Sericolo, Mark Wheler.
Attendance — 18,860 (18,860) at Vancouver.

SOCCER

ENGLAND

FA CUP
THIRD ROUND — REPLAY
Yesterday's results
Wrexham 1 Brighton 1 (OT)
Brighton wins 5-4 on penalty kicks
Wolverhampton Wanderers 0 Birmingham 1

SCOTLAND

SCOTTISH CUP
FOURTH ROUND — REPLAY
Yesterday's result
Dunfermline 1 Inverness 3 (OT)

SPAIN

COPA DEL REY
QUARTER-FINALS — FIRST LEG
Yesterday's results
Athletic Bilbao 2 Mallorca 0
Real Madrid 1 Barcelona 2

ITALY

ITALIAN CUP
Yesterday's result
AC Milan 2 Novara 1 (OT)

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's games
All Times Eastern
Baltimore (13-4) at New England (14-3), 3 p.m.
N.Y. Giants (11-7) at San Francisco (14-3), 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	13	3	.813	—
d-Philadelphia	10	3	.769	1½
d-Orlando	10	3	.769	1½
Indiana	9	3	.750	2
Atlanta	10	4	.714	2
Miami	9	4	.692	2½
New York	6	7	.462	5½
Cleveland	6	7	.462	5½
Boston	4	8	.333	7
Milwaukee	4	9	.308	7½
Toronto	4	10	.286	8
Detroit	3	11	.214	9
New Jersey	3	11	.214	9
Charlotte	3	12	.200	9½
Washington	1	12	.077	10½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	12	2	.857	—
Utah	9	4	.692	2½
d-L.A. Lakers	10	5	.667	2½
d-San Antonio	9	5	.643	3
Denver	9	5	.643	3
L.A. Clippers	7	4	.636	3½
Portland	8	5	.615	3½
Dallas	8	6	.571	4
Memphis	6	6	.500	5
Houston	7	7	.500	5
Minnesota	5	8	.385	6½
Golden State	5	8	.385	6½
Phoenix	4	9	.308	7½
Sacramento	4	10	.286	8
New Orleans	3	10	.231	8½

d-division leaders ranked in top four positions.

Last night's results
San Antonio at Orlando
Oklahoma City at Washington
Denver at Philadelphia
Toronto at Boston
Golden State at New Jersey
Phoenix at New York
Memphis at New Orleans
Detroit at Minnesota
Portland at Atlanta
Indiana at Sacramento
Dallas at L.A. Clippers

Tuesday's results
Golden State 105 Cleveland 95
Orlando 96 Charlotte 89
Miami 120 San Antonio 98
Chicago 118 Phoenix 97
Houston 97 Detroit 80
Denver 105 Milwaukee 95
Utah 108 L.A. Clippers 79

Tonight's games
All Times Eastern
New Orleans at Houston, 8 p.m.
L.A. Lakers at Miami, 8 p.m.
Dallas at Utah, 10:30 p.m.

Tomorrow's games
Portland at Toronto, 7 p.m.
Denver at Washington, 7 p.m.
Atlanta at Philadelphia, 7 p.m.
Phoenix at Boston, 7:30 p.m.
Chicago at Cleveland, 7:30 p.m.
Memphis at Detroit, 7:30 p.m.
Milwaukee at New York, 7:30 p.m.
L.A. Lakers at Orlando, 8 p.m.
Sacramento at San Antonio, 8:30 p.m.
Indiana at Golden State, 10:30 p.m.
Minnesota at L.A. Clippers, 10:30 p.m.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia

MEN
Singles — Second Round
Rafael Nadal (2), Spain, def. Tommy Haas, Germany, 6-4, 6-3, 6-4.
Roger Federer (3), Switzerland def. Andreas Beck, Germany, walkover.
Tomas Berdych (7), Czech Republic, def. Olivier Rochus, Belgium, 6-1, 6-0, 7-6 (4).
Alejandro Falla, Colombia, def. Mardy Fish (8), U.S., 7-6 (4), 6-3, 7-6 (6).
Nicolas Almagro (10), Spain, def. Grigor Dimitrov, Bulgaria, 4-6, 6-3, 6-7 (4), 6-4, 6-0.
Juan Martin del Potro (11), Argentina, def. Blaz Kavcic, Slovenia, 6-4, 7-5, 6-3.
Alexandr Dolgopolov (13), Ukraine, def. Tobias Kamke, Germany, 4-6, 6-1, 6-1, 3-6, 8-6.
John Isner (16), U.S., def. David Nalbandian, Argentina, 4-6, 6-3, 2-6 ,7-6 (5), 10-8.
Feliciano Lopez (18), Spain, def. Flavio Cipolla, Italy, 7-5, 7-6 (4), 6-2.
Stanislas Wawrinka (21), Switzerland, def. Marcos Baghdatis, Cyprus, 7-6 (3), 6-4, 5-7, 6-1.
Kevin Anderson (30), South Africa, def. Sergiy Stakhovsky, Ukraine, 3-6, 6-1, 7-6 (3), 6-3.
Yen-hsun Lu, Taiwan, def. Florent Serra, France, 7-5, 6-2, 6-2.
Philipp Kohlschreiber, Germany, def. Pere Riba, Spain, 6-0, 4-0, retired.
Lukas Lacko, Slovakia, def. Donald Young, U.S., 6-3 6-1 3-6 6-3.
Bernard Tomic, Australia, def. Sam Querrey, U.S., 3-6, 6-3, 7-6 (3), 6-3.
Ivo Karlovic, Croatia, def. Carlos Berlocq, Argentina, 7-6 (4), 3-6, 6-3, 6-4.

Doubles — First Round
Mahesh Bhupathi and Rohan Bopanna (4), India, def. Matthew Ebden and Chris Guccione, Australia, 5-7, 6-4, 6-4.
Mariusz Fyrstenberg and Marcin Matkowski (6), Poland, def. Jamie Delgado and Jonathan Marray, Britain, 6-4, 6-4.
Aisam-ul-Haq Qureshi, Pakistan, and Jean-Julien Rojer (8), Curacao, def. Ivan Ljubicic, Croatia, and Cedrik-Marcel Stebe, Germany, 6-3, 7-6 (11).
Frantisek Cermak, Czech Republic, and Filip Polasek (11), Slovakia, def. Julien Benneteau and Nicolas Mahut, France, 6-4, 7-6 (1).
Santiago Gonzalez, Mexico, and Christopher Kas (12), Germany, def. Marcel Granollers, Spain, and Lukasz Kubot, Poland, 6-4, 7-6 (1).
Scott Lipsky and Rajeev Ram (13), U.S., def. Albert Montanes and Albert Ramos, Spain, 7-6 (4), 7-6 (8).
Simone Bolelli and Fabio Fognini (14), Italy, def. Rui Machado, Portugal, and Lukas Rosol, Czech Republic, 5-7, 6-4, 6-2.
Colin Fleming and Ross Hutchins (15), Britain, def. Ryan Harrison and Ryan Sweeting, U.S., 7-5, 7-6 (2).
Marc Lopez and David Marrero, Spain, def. Andreas Seppi and Simone Vagnozzi, Italy, 3-6, 6-4, 6-3.
Juan Ignacio Chela and Eduardo Schwank, Argentina, def. Dustin Brown, Germany, and Ivan Dodig, Croatia, 6-1, 6-4.
Philipp Marx, Germany, and **Adil Shamasdin, Pickering, Ont.**, def. Thomaz Bellucci and Marcelo Melo, Brazil, 7-5, 7-6 (7).
Alex Bogomolov, Jr. and Igor Kunitsyn, Russia, def. Mikhail Kukushkin, Kazakhstan, and Dmitry Tursunov, Russia, 6-4, 7-5.
Lleyton Hewitt and Peter Luczak, Australia, def. Matthias Bachinger and Philipp Kohlschreiber, Germany, 7-5, 6-3.
Leander Paes, India, and Radek Stepanek, Czech Republic, def. Greg Jones and John-Patrick Smith, Australia, 6-2, 6-2.
Ricardo Mello and Joao Souza, Brazil, def. Alejandro Falla and Santiago Giraldo, Colombia, 6-7 (3), 7-5, 6-4.

WOMEN
Singles — Second Round
Caroline Wozniacki (1), Denmark, def. Anna Tatishvili, Georgia, 6-1, 7-6 (4).
Victoria Azarenka (3), Belarus, def. Casey Dellacqua, Australia, 6-1, 6-0.
Li Na (5), China, def. Olivia Rogowska, Australia, 6-2, 6-2.
Agnieszka Radwanska (8), Poland, def. Paula Ormaechea, Argentina, 6-3, 6-1.
Kim Clijsters (11), Belgium, def. Stephanie Foretz Gacon, France, 6-0, 6-1.
Jelena Jankovic (13), Serbia, def. Chang Kai-chen, Taiwan, 6-4, 6-2.
Romina Oprandi, Italy, def. Francesca Schiavone (10), Italy, 6-4, 6-3.
Iveta Benesova, Czech Republic, def. Peng Shuai (16), China, 6-2, 6-4.
Daniela Hantuchova (20), Slovakia, def. Lesia Tsurenko, Ukraine, 4-6, 6-4, 6-3.
Julia Goerges (22), Germany, def. Eleni Daniilidou, Greece, 6-2, 2-0, retired.
Anabel Medina Garrigues (26), Spain, def. Olga Govortsova, Belarus, 6-1, 6-0.
Monica Niculescu (31), Romania, def. Pauline Parmentier, France, 4-6, 6-4, 6-1.
Mona Barthel, Germany, def. Petra Cetkovska (32), Czech Republic, 7-5, 6-3.
Nina Bratchikova, Russia, def. Alberta Brianti, Italy, 6-2, 6-1.
Christina McHale, U.S., def. Marina Erakovic, New Zealand, 3-6, 7-6 (4), 6-3.
Galina Voskoboeva, Kazakhstan, def. Tsvetana Pironkova, Bulgaria, 6-4, 6-4.
Doubles — First Round
Liezel Huber and Lisa Raymond (2), U.S., def. Anabel Medina Garrigues, Spain, and Anastasia Pavlyuchenkova, Russia, 6-3, 6-1.
Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, def. Kristina Barrois and Anna-Lena Groenefeld, Germany, 1-6, 6-3, 6-1.
Maria Kirilenko and Nadia Petrova (5), Russia, def. Lourdes Dominguez Lino, Spain, and Tamarine Tanasugarn, Thailand, 6-2, 4-6, 6-1.
Andrea Hlavackova and Lucie Hradecka (7), Czech Republic, def. Magdalena Rybarikova, Slovakia, and Klara Zakopalova, Czech Republic, 6-2, 7-5.
Natalie Grandin, South Africa, and Vladimira Uhlirova (9), Czech Republic. def. Sorana Cirstea, Romania, and Lucie Safarova, Czech Republic, 2-6, 6-4, 6-4.
Iveta Benesova and Barbora Zahlavova Strycova (10), Czech Republic, def. Akgul Amanmuradova, Uzbekistan, and Mariya Koryttseva, Ukraine, 6-4, 6-1.
Sara Errani and Roberta Vinci (11), Italy, def. Tammi Patterson and Storm Sanders, Australia, 6-0, 6-0.
Vera Dushevina, Russia, and Shahar Peer (16), Israel, def. Sofia Arvidsson and Johanna Larsson, Sweden, 7-5, 6-3.
Alexandra Dulgheru, Romania, and Virginie Razzano, France, def. Greta Arn, Hungary, and Olga Savchuk, Ukraine, 6-4, 6-0.
Alla Kudryavtseva and Ekaterina Makarova, Russia, def. Bojana Jovanovski, Serbia, and Michaella Krajicek, Netherlands, 7-6 (1), 4-6, 6-3.
Dominika Cibulkova, Slovakia, and Jill Craybas, U.S., def. Ashleigh Barty, Australia, and Laura Robson, Britain, 3-6, 6-2, 6-3.
Svetlana Kuznetsova and Vera Zvonareva, Russia, def. Alize Cornet, France, and Olga Govortsova, Belarus, 7-6 (4), 6-4.
Andreja Klepac, Slovenia, and Alicja Rosolska, Poland, def. Kateryna Bondarenko, Ukraine, and Jelena Dokic, Australia, 7-6 (6), 7-5
Rika Fujiwara and Ayumi Morita, Japan, def. Ksenia Pervak, Kazakhstan, and Sloane Stephens, U.S., 7-6 (4), 6-4.
Klaudia Jans-Ignacik and Urszula Radwanska, Poland, def. Daniella Jeflea and Viktorija Rajicic, Australia, 6-4, 7-5.
Silvia Soler-Espinosa and Carla Suarez Navarro, Spain, def. Chuang Chia-jung, Taiwan, and Marina Erakovic, New Zealand, 6-3, 7-6 (2).
Anastasia and Arina Rodionova, Australia, def. Isabella Holland and Sally Peers, Australia, 6-2, 6-1.

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

Blues reward Elliott with two-year contract

The St. Louis Blues have rewarded goaltender Brian Elliott for being named an NHL all-star.

The Blues signed the veteran goaltender to a two-year contract Wednesday reportedly worth $3.6 million US. Elliott originally signed with St. Louis as a free agent July 1.

The 26-year-old is in his fifth NHL season, but first with the Blues. Elliott has posted a 15-5-1 record and ranks second overall with a 1.68 goals-against average, .937 save percentage and five shutouts.

"He's the perfect example of perseverance," coach Ken Hitchcock said. "He just had to become more compact in his game, and he's done that, he's done it beautifully.

The Newmarket, Ont., native has also allowed the fewest goals (36) and suffered the fewest losses among goaltenders with at least 20 starts. The six-foot-three, 204-pound goalie also boasts the NHL's top home record at 9-1-1.

Elliott and Jaroslav Halak have combined for a 1.98 goals-against average, tying the Blues for first overall in that category. They have also registered a league-high eight shutouts.

"Brian came in here and helped stabilize our goaltending and make it one of the top tandems in the NHL," Blues general manager Doug Armstrong said in a statement. "Our goaltending is set having Brian and Jaro signed through the 2013-14 season."

Drafted in the ninth round, 291st overall by the Ottawa Senators in 2003, Elliott spent parts of four seasons in the nation's capital. He was traded to the Colorado Avalanche last season in the deal that brought fellow goalie Craig Anderson to Ottawa.

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GETTY IMAGES

▶ Brian Elliott

metro classifieds

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Cars & Trucks for Sale

Mazda Mazda6, 2010. 63,580 kms. 170 HP 2.5L. Factory Warranty
Asking $14,000 OBO. 1 owner.
Contact:l.tyrrell77@hotmail.co

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1 800 527-6767

Cars & Trucks Wanted

WILL BUY UNWANTED CARS AND TRUCKS for scrap and parts.
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Apartments Unfurnished

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FROM $65 A ROOM
INTERIOR & EXTERIOR
18 YRS EXPERIENCE
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FRIENDLY & CLEAN SERVICE
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WRITTEN GUARANTEE
SAME WEEK SERVICE
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Loaded with Debt?I can help! 1st, 2nd, 3rd Mortgages Re-Financing. Debt Consolidation loans. Home Equity Loans. Bad Credit? Self-Employed? Bank said "No"? Fast approvals! Quick Closing!
Steve Daigle: sdaigle@tmacc.com
(613)863-0649 Lic:10717

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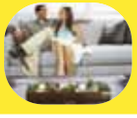
Call Marc 613-252-3444

NEED COOL DESIGN TIPS?
Read metro home every Thursday.



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Junk Removal

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JUNK REMOVAL
613-825-0707
Bin Rentals Available
WE LOAD AND CLEAN UP!

Do your resolutions include finding a new career?
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Visit CareerBear.com to learn more

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

14 gallon nano cube with lots of extras! It was used as a saltwater tank but is now empty and cleaned. Everything works except the hood light. might be ballast 613-227-4074

BEAUTIFUL HOME MADE WOOD BAR FOR SALE - $150
Approx. 7 ft x 3 ft 3 in. Please contact les.blanc@hotmail.fr or (819) 595-0252

Complete office funiture for 45 people including board room
Call for details
613-612-0241

FOLD OUT SEWING TABLE $75
Sewing machine hides away within it. Very good condition. Dimensions (closed): 19.5" deep x 34" wide. Call (819) 684-4293

Limited spaces avail. Get yours today!
Call: 1-800-527-6767
Size 1.535" X .542", Limit 1/day, 2/wk

Ottawa Sens vs NY Islanders Tickets $90 2 tickets ($45 each); Section 320, Row A Fri. Feb. 3rd, 2012; Includes 1 Parking Pass. Please call 613-954-6550

5 year old pink toe tarantula. 5 gallon setup and a book . It's a healthy tarantula that has been looked after and eats good.
Call Steve for details (613)227-4074

BRAND NEW Kingsdown Box Springs - $50
2 single box springs w/ rails; Use separately or together for King. Box springs still in plastic covers. Call 613-404-7114

Day Care Furnishings for sale
Toys, tables, chairs
Located on Orleans
Contact for Information (819) 351-5260

FOR SALE 2005 D/W Mobile Home. 1500 sq/ft 3 bdr, 2 full baths, L/R, D/R, Screened porch, 2 car carport. In Fort Lauderdale Fl. $48,000 Please call 516-661-0163

Lots of Vinyl Records from the '70 &'80
David Bowie, Eric Clapton, Phil Collins, The Who, Cat Stevens, The Beatles
Starting $5.00 Call to view (613) 422-0708

Plasma Cool PC-14E Portable Air Conditioner - $450. 14,000 BTU; Cools up to 700 sq. ft; AutoDrain tech; 20" W x 16" D x 31 ½" H. Contact: tcwo@bellnet.ca

70 gallon tank with strong black aquarium stand. It has no top for it sorry. No cracks, minimal scratches.
possibly deliver call Steve. (613)227-4074

BRAND NEW CURLER
Ceramic
$100.00
613-863-1537

Don't wait until Spring, Sell Your Stuff
Call: 1-800-527-6767
Size 1.535" X .542", Limit 1/day, 2/wk

HUTCH, CORNER UNIT & TABLE $175 (all 3)
Solid wood; Approx 50 yrs old; Good condition; Scandinavian style; Dark Chocolate Brown. Please call (613) 317-0214

MINT CONDTION IPHONE 3GS FOR SALE
$200.00
CALL 613-790-6978

Set of 4 - 15' x 6' Ford Taurus Alloy Rims
5 Lug - 4.25' Bolt pattern; 1998 Ford Taurus; Good condition; 2 rims w/ used tires. Asking $100. Call 613-294-0940; ask for Nick.

BARBEQUE FOR SALE
Nearly new (5 months); Cover Included; Approx. 1/2 full tank; $100
CALL KENDRA (613) 878-9996

Call: 1-800-527-6767 today to book this space!
Size 1.535" X .542", Limit 1/day, 2/wk

EVENFLO PLASTIC HIGHCHAIR
Good condition;7 level height adjustments; Adjustable tray with plastic tray insert; Adjustable back. Call (613) 482-0480

Ikea Single Bed - $80
Single bed with drawers on the bottom. Doesn't come with mattress. Only used for 7 months. Please call (613) 868-6664

Organ Piano - $360
Yamaha Electon Organ Piano
2 key boards; In good condition!
For more information call 613-443-5401

Your Free Ad Here !
Call: 1-800-527-6767
Size 1.535" X .542", Limit 1/day, 2/wk

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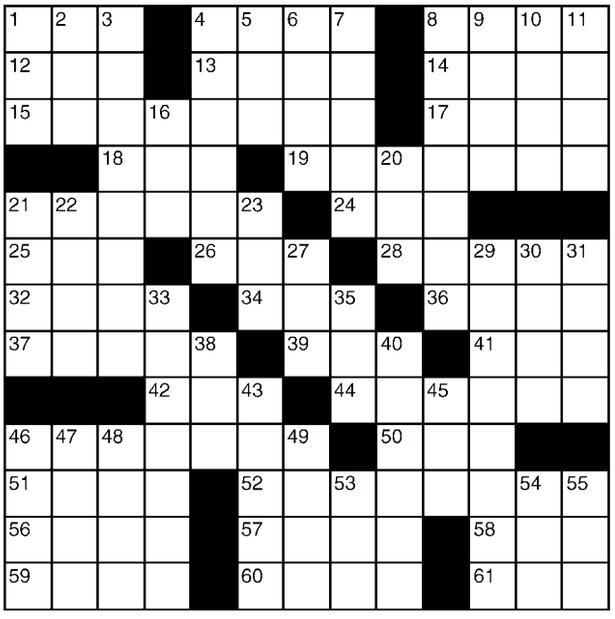
Crossword



Across

1 Vacationing
4 Wasn't colorfast
8 Ohio nine
12 Neither mate
13 Ethereal
14 List-ending abbr.
15 Blackmailer's task
17 — mater
18 Barracks bed
19 Apparent
21 Incalculable
24 Witness
25 Island neckwear
26 Conclusion
28 Door fastener
32 Corner
34 Do sums
36 Salver
37 Cancel
39 "— the season ..."
41 Cleo's slayer
42 Calendar abbr.
44 Type of raincoat
46 Vanquish
50 Director's cry
51 Stead
52 Double-take, e.g.
56 Actress Jessica
57 Barn roof decoration
58 Sphere
59 "Hey, you!"
60 Eastern potentate
61 PBS funding org.

Down

1 Individual
2 "Family Guy" airer
3 Bit
4 Fight
5 Roman 52
6 Cupid's counterpart
7 Units of force
8 Beef, e.g.
9 Needle case
10 "Phooey!"
11 Smeltery refuse
16 Bill's partner
20 Conger or moray
21 Radius neighbor
22 Element no. 10
23 Modern-day evidence
27 Old insecticide
29 Tension caused by pulling
30 Moolah
31 Syringe, for short
33 Fruit used in preserves
35 Brief swim
38 Rawls or Reed
40 World Cup game
43 Gall
45 Eccentric
46 Applaud
47 Rembrandt works
48 Beaks
49 Stationery unit
53 Singer DiFranco
54 Tramcar load
55 Cagers' org.

▶ Yesterday's answer

A	T	M	■	D	U	A	L	■	D	I	A	L	
D	U	E	■	E	R	G	O	■	E	R	I	E	
D	N	A	■	B	L	A	C	K	B	E	L	T	
S	A	L	S	A	■	■	H	E	R	■	■	■	
■	■	■	E	R	L	E	■	G	I	D	D	Y	
B	L	A	C	K	I	C	E	■	S	O	D	A	
A	I	D	■	S	M	O	G	S	■	P	A	L	
B	L	O	W	■	B	L	A	C	K	E	Y	E	
A	T	S	E	A	■	I	D	E	A	■	■	■	
■	■	■	B	U	S	■	■	N	Y	L	O	N	
B	L	A	C	K	H	O	L	E	■	A	G	E	
L	I	M	A	■	O	D	O	R	■	P	R	O	
T	E	A	M	■	E	D	G	Y	■	P	E	N	

Sudoku

		8	7			3		
3	5			9	2			
9			3				1	
7				4				3
		5				6		
6				3				4
	9				1			2
			4	2			7	9
		7			6	8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	7	6	5	8	2	9	1	3
8	2	3	1	9	4	7	5	6
5	1	9	7	3	6	8	2	4
2	6	5	8	4	7	1	3	9
1	9	8	3	6	5	4	7	2
3	4	7	2	1	9	6	8	5
7	3	4	9	5	1	2	6	8
9	5	2	6	7	8	3	4	1
6	8	1	4	2	3	5	9	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My handsome Knight
It is not getting easier being separated from you,,,,but I am managing the best I can....You are in my soul forever and ever till the end of tme....and that I promise you. **YOUR LADY**

Mr.Moussy
Dear Mr.Moussy, I know we're not together anymore but there wasn't a single day I went without thinking of you. I truly love you & I am sorry for all the mistakes I made throughout our relationship. I hope you have the heart to forgive me till then I'll wait for you patiently. I don't care how long it takes, I'll still love you the same regardless. Every moment without you,it seems like eternity. Just remember this, you are the only for me<3. **BUNNIEBOO**

Smile, someone loves you **SPREADING THE LOVE**

Today -7°/-14° Flurries 60%
Friday -12°/-14° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
There is a luck factor working in your favour at the moment, but you still have to work hard.

♉ Taurus April 21-May 21
Start making new career plans today. Get ahead and make sure you stay ahead.

♊ Gemini May 22-June 21
The planets are very much on your side at the moment, so don't be afraid to take a few risks.

♋ Cancer June 22-July 22
Someone may sound sincere but according to the planets, he or she is trying to trick you into believing something that is simply not true.

♌ Leo July 23-Aug.23
Partners may seem more dominant than usual today, but the only power they have over you is the power you give them.

♍ Virgo Aug. 24- Sept. 22
If you want to be on top of your game today, a positive mental attitude is an absolute must.

♎ Libra Sept. 23-Oct. 23
This is potentially a great time of the year for you but you've got to be way more upbeat.

♏ Scorpio Oct. 24-Nov. 22
If you poke your nose where it is not wanted today, you run the risk of losing a friend's support.

♐ Sagittarius Nov. 23-Dec. 21
The Sun soon moves into one of the better areas of your chart and money worries won't a burden.

♑ Capricorn Dec. 22-Jan. 20
If you have been looking to end an association that has become a bit of a burden, now is the time.

♒ Aquarius Jan. 21-Feb. 18
Life's pace is about to pick up on every front, but that's OK because you have been operating well below capacity in recent weeks.

♓ Pisces Feb. 19-March 20
There's danger in deciding to take the easy way out of a dilemma. Don't do it. **SALLY BROMPTON**

Caption contest

PATRICK SEMANSKY/ THE ASSOCIATED PRESS

CHARLIE NEIBERGGALL/ THE AP

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

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Cancun 7 Nights 4-Star All-inclusive
$395
Oasis Cancun + taxes & fees $352
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JANUARY 20-21-22
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PALMISTRY
PAST LIVES
ASTROLOGY
TAROT CARDS
AURAS
NUMEROLOGY
HEALING
CRYSTAL BALLS
CRYSTALS
Friday 2-10 • Saturday 11-10 • Sunday 11-7
Admission $3 with this ad (1 ad per customer)
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French Immersion choices for every kindergarten child
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Mark D. Mullan, Chairperson
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